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ABSTRACT

The Revised AAHPER Youth Fitness Test is a battery of six test items designed to give a measure of physical fitness for boys and girls in grades 5-12. The tests were selected to evaluate specific aspects of physical status which, taken together, give an overall picture of fitness. Tests can be given in the gymnasium or outdoors. They are as follows: (a) pull-up (with flexed-arm hang for girls)--for judging arm and shoulder girdle strength; (b) flexed leg sit-up--for judging efficiency of abdominal and hip flexor muscles; (c) shuttle run--for judging speed and change of direction; (d) standing broad jump--for judging speed; and (e) 600-yard run-walk (with optional runs of one mile or 9 minutes for ages 10-12, or one and a half miles or 12 minutes for ages 13 and older)--for judging cardiovascular efficiency. The following information is given for each test: equipment, description, rules, and scoring. Also included in this document are a history of the test, methods for recording and comparing test scores, tables with various percentile scores and norms, and recording forms. (JA)

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# YOUTH FITNESS TEST MANUAL

REVISED EDITION

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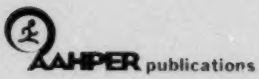


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# CONTENTS


FOREWORD *George F. Anderson* 5

THE TEST AND THE NATIONAL NORMS 7

ADMINISTERING THE TEST 15

1 pull-up 16

flexed-arm hang 17

2 sit-up 18

3 shuttle run 19

4 standing broad jump 20

5 50-yard dash 21

6 600-yard run-walk 22

RECORDING TEST SCORES 23

COMPARING TEST RESULTS 24

TABLES

Tables 1-6B Percentile Scores for Girls Based on Age 26

Tables 7-12B Percentile Scores for Boys Based on Age 34

Tables 13-14 Classification Indexes 42

Tables 15-19 Percentile Scores for Girls Based on Classification Index 44

Tables 20-24 Percentile Scores for Elementary and Junior High Boys Based on Classification Index 49

Tables 25-29 Percentile Scores for High School Boys Based on Classification Index 54

Tables 30-31 College Test Norms 59

FITTING IN TESTING 61

RECORDING FORMS

Personal Fitness Record 63

Cumulative Fitness Record 67

Class Composite Record 71

# FOREWORD

SINCE ITS FORMATION in 1885, the American Alliance for Health, Physical Education, and Recreation has been deeply concerned with ways to improve the physical fitness of American boys and girls. One of its most effective contributions has been the steady emphasis and stimulation exerted through the Youth Fitness Test Project initiated in 1957. The AAHPER Youth Fitness Test is the first ever developed by the physical education profession for which national norms were determined.

The results of the first testing in 1957 showed that the young people of this country were not as physically fit and vigorous as they should be. The testing progam then became both the cause and the means for an ever-increasing effort to improve the physical education offerings of our schools and thus make a positive impression on fitness levels. In 1965 the tests were up dated and the national norms showed improvement but indicated that much remained to be done in raising the level of physical performance of American boys and girls.

Three basic changes have been made in the current revision of the test battery:

1. The softball throw for distance has been eliminated so the test is now a six-item test. This will simplify the administration of the remaining tests while not affecting validity.

2. The straight leg sit-up is replaced by the flexed leg sit-up done for one minute.

3. The 600-yard run-walk has been retained as the basic endurance test item. Two optional runs have been added — the 1 mile or 9-minute run for ages 10-12 or the 1½ mile or 12-minute run for ages 13 and older. These may be substituted in programs where extensive running has been a continuing part of the physical education program.

Information in this *Manual* can serve as a guide for schools in administering the test battery and using the results for planning improved physical education programs. It also should be useful to recreation and community leaders who wish to serve youth by including physical fitness among their program objectives.

GEORGE F. ANDERSON

# THE TEST
## and the
# NATIONAL NORMS

THE REVISED AAHPER YOUTH FITNESS TEST is a battery of six test items designed to give a measure of physical fitness for both boys and girls in grades 5-12. The tests were selected to evaluate specific aspects of physical status which, taken together, give an over-all picture of the young person's general fitness. It is the only fitness test for which national norms have been determined.

### The test battery

The tests can be given in the gymnasium or outdoors. They are: pull-up (with flexed-arm hang for girls)—for judging arm and shoulder girdle strength; flexed leg sit-up—for judging efficiency of abdominal and hip flexor muscles; shuttle run—for judging speed and change of diection; standing broad jump—for juding explosive muscle power of leg extensors; 50-yard dash—for judging speed; and 600-yard run-walk (with optional runs of 1 mile or 9 minutes for ages 10-12 or 1½ miles or 12 minutes for age 13 and older)—for judging cardiovascular efficiency.

The original test battery of seven test was developed in 1957 by a special committee of the AAHPER Research Council. Its work was the direct result of a national conference called in 1956 by President Dwight D. Eisenhower to consider the fitness of American youth. President Eisenhower was alerted to the poor physical record of our young people through the research studies of Hans Kraus and associates as published in the *Journal of Health, Physical Education, Recreation* and in the *Research Quarterly*. Following the President's meeting, AAHPER held a conference to determine specific steps which the physical education profession might take to improve the level of physical fitness among American youth. One important result of this national meeting was to set in motion the AAHPER Youth Fitness Project, an attempt both to measure and to improve the fitness of our country's boys and girls.

The special Research Council committee was fully aware of the problems confronting a group charged with the responsibility of studying the fitness of the nation's youth. There was, however, a strong feeling that some concrete action should be taken. Accordingly, with the thought that any project proposed would be looked upon as a pilot study, the committee agreed on plans for a survey of youth fitness in the United States.

Seven test items were chosen by this group of experts, and recently, three modifications were made in this original test battery. The sit-up was changed to a flexed leg sit-up, which is a more accurate measure of the abdominal muscle. The softball throw was eliminated on the ground that it involves skill to a large extent while the prime purpose of the battery of tests is to determine fitness. The 600-yard run-walk was modified to include two optional runs—the 1-mile or 9-minute run for ages 10-12 or the 1½-mile or 12-minute run for children age 13 or older. These optional runs may be substituted in programs where extensive running has been a continuing part of the physical education program.

The following criteria were considered by the committee in selecting the seven (now six) items for the AAHPER Youth Fitness Test: tests which were reasonably familiar, tests which required little or no equipment, tests which could be administered to both boys and girls (with the one exception of the pull-up), tests which could be given to the entire age range of grades 5-12, and tests which measured different components of fitness.

As an extension of the last criterion, it should be pointed out that the test battery does measure elements of strength, agility, and endurance, as well as proficiency in running and jumping. Each particular test item was viewed as an indicator of a strength or weakness with little interest in the test *per se*. As an example, the interest in pull-ups was not in the event itself but in the fact that this is an indicator of arm and shoulder strength.

It should be emphasized that the correlations among the six test items are low. If they were high, there would be no point in giving six tests—one or two would suffice.

### First national fitness survey

AAHPER's most significant decision was to carry out the work necessary to develop national norms for the fitness test. Dr. Paul A. Hunsicker, University of Michigan, was named director of the project, with responsibility for coordinating the task of testing a nationwide sample of American youth. The Survey Research Center of the University of Michigan was delegated the task of selecting a representative sampling. Since it was decided that all boys and girls, grades 5 through 12, would be eligible participants, the sampling was based on homeroom units so that both those taking physical education and those not enrolled in physical education would be included. The Center drew the sample schools, made the initial contact requesting the school's cooperation, and decided which students in cooperating schools would be subjects.

Directions for administering the test were prepared, and professional people in various sections of the country assumed responsibility for supervising test administration in their areas. The project director met the people involved in the testing to distribute directions and demonstrate the tests. Although the precise time of testing and other arrangements were left to the discretion of the local people, these meetings assured that the norms for the AAHPER Youth Fitness Test would be the first determined under standard conditions.

Test data were returned to the University of Michigan where all scores were transcribed to worksheets and punched onto IBM cards. The percentile score tables were then determined for each of the tests—based both on age alone and on the Neilson-Cozens Classification Index, which is a more accurate indication of the individual's physical status. The scores included test results for 8,500 boys and girls in grades 5 through 12.

The data for the first national survey were thus collected and analyzed during the school year of 1957-58. The test and the national norms were published by AAHPER in September 1958. It is estimated that the test has been administered to millions by physical education teachers and youth agencies. It has also been used in many foreign countries.

**Incentive for improvement**

The results of the 1957-58 survey, however, confirmed what many had suspected—American boys and girls did not demonstrate outstanding performance on the measures of fitness. The national norms were not at a very high level.

Comparisons between scores of youngsters in other countries and those of American children showed that our boys and girls were not as physically fit as those of some other lands in the qualities measured. Although our nutrition and health standards may be higher, our young people do not have the shoulder and upper arm strength or the endurance revealed by young people of many other countries.

The dismaying test results thus became an incentive to improve physical education programs around the country. When the fitness status of school pupils was ascertained through the test and then compared with the national norms, physical education teachers knew where they must concentrate to raise fitness levels. The test itself became a technique for improving physical fitness as well as a stimulation for broadening and enriching the opportunities for physical activity in the public schools.

Programs of health education, physical education, and recreation around the country were strengthened. More emphasis was placed on sports for fitness, on gymnastics for both boys and girls, on motivation for fitness. Two conferences were sponsored by the AAHPER to aid in the efforts to improve physical education offerings for secondary school pupils and for elementary school pupils.[1]

The President's Council on Physical Fitness and Sports[2] was set up by President Eisenhower in 1956 to give federal encouragement to programs aimed at increasing over-all fitness of American youth. It, like the AAHPER Youth Fitness Test program, was an outgrowth of the first President's Conference on Fitness of American Youth. The Council's work was expanded under President John F. Kennedy and continued under President Lyndon B. Johnson. Various programs were enlarged and extended under Presidents Richard M. Nixon and Gerald Ford.

[1] *Children and Fitness, A Program for Elementary Schools*, report of the AAHPER National Conference on Fitness of Children of Elementary School Age, 1959 (AAHPER, 1960, 58 pp., $1.50) and *Youth and Fitness, A Program for Secondary Schools*, report of the AAHPER National Conference on Secondary School Youth, 1958 (AAHPER, 1959, 74 pp., $1.50).

[2] Originally called the President's Council on Youth Fitness.

The Council, as a part of its motivational program, officially adopted and endorsed the use of the AAHPER Youth Fitness Test and recommended fitness testing as the first step toward improvement of physical fitness.

**Plan for motivation**

As an incentive for a continual program of fitness testing, AAHPER prepared motivational materials for those participating in the testing procedure. Schools or any organized group which administers the test may receive a certificate of participation from AAHPER headquarters. Boys and girls taking part in the testing may receive awards and emblems indicating their performance level on the AAHPER Youth Fitness Test.

There is an achievement award certificate for boys and girls who attain the 50th percentile on all items in the test. An embossed gold merit seal is available for this certificate of achievement for those boys and girls who attain the 80th percentile on all test items. A progress award is available for the physically limited boys and girls who, in their instructor's estimation, show improved performance on the test items.

There are also other awards to provide boys and girls with a keen incentive to improve their fitness standards. Separate sew-on embroidered emblems are available, for three levels: elementary, junior, and senior.

The Presidential Physical Fitness Award, established by President Lyndon B. Johnson in 1966, honors students who demonstrate exceptional physical achievement. Boys and girls who score at or above the 85th percentile on all seven items of the Youth Fitness Test are eligible. They must be students in good standing, recommended by their school principals.

Information about these awards and other materials on fitness may be obtained by writing to AAHPER headquarters. (See pages 72-74 )

**College norms**

In 1960, the fitness testing program was expanded to include college men and women (and young adults not in college). The national norms thus developed appear on pages 59-60.

Percentile scores for college men were compiled under the direction of Dr. Paul A. Hunsicker, University of Michigan. Several universities with required programs in physical education participated in furnishing data. These schools were representative of all areas of the country. The tests were administered, according to the instructions in the *AAHPER Youth Fitness Test Manual*, to a random selection of students enrolled in the required physical education program. The men tested represented a cross-section of the various activities in the programs. Approximately 2,200 college men were included in the total sample from which the percentile scores were developed.

Fitness test data for college women were collected under the direction of Dr. Dorothy R. Mohr, then at the University of Maryland (now at Sacramento State College, Sacramento, California). Colleges and universities in each of the six districts of the AAHPER participated. The 57 college departments of physical education for women which furnished

data administered the physical fitness test according to the instructions in the *Manual*. Each selected a random sample of freshman and sophomore women enrolled in the required physical education program; over 4,800 women were included in the total sample from which the percentile scores were developed.

### New national norms

After the Youth Fitness Test had been in use for some five years, AAHPER believed it was desirable to develop new norms to determine whether increased emphasis on testing and improvements in physical education were indeed helping to increase fitness levels. Dr. Hunsicker, director of the first survey, undertook a second national survey to bring the norms up to date.[3]

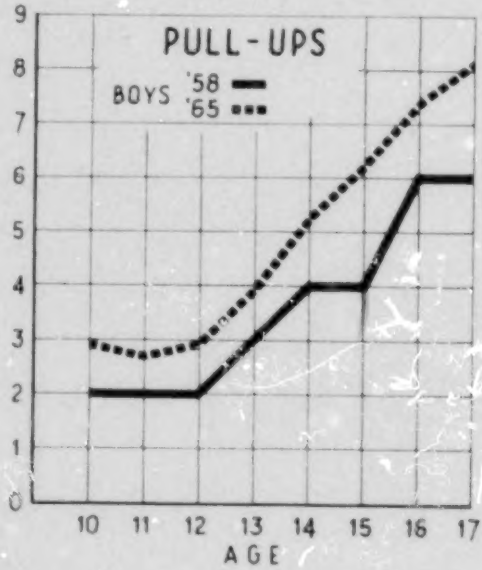
The test items administered during the second survey were identical to those given in 1957-58 with one exception. The flexed-arm hang was substituted for the modified pull-up for girls because it gave a more efficient and reliable measure for the quality tested.

Data were collected during the school years 1963-64 and 1964-65. The Survey Research Center at the University of Michigan again assisted by drawing the sample to which the test was administered. Some 9,200 boys and girls participated in the revision of the norms.

### Comparison of norms

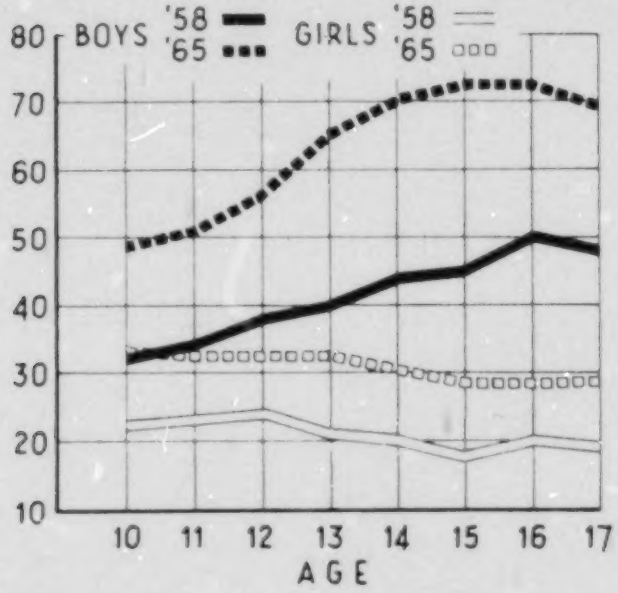
The 1965 norms indicated that boys and girls, age 10 to 17, were generally more fit as measured by the AAHPER Youth Fitness Test, than they were when norms were first established. All but one of the mean scores for the 1964-65 data were higher than the 1957-58 mean; better performances were recorded for every test at every age level except for the 17-year-old girls softball throw, now eliminated.

Charts comparing the two sets of norms appear here and on the following three pages.

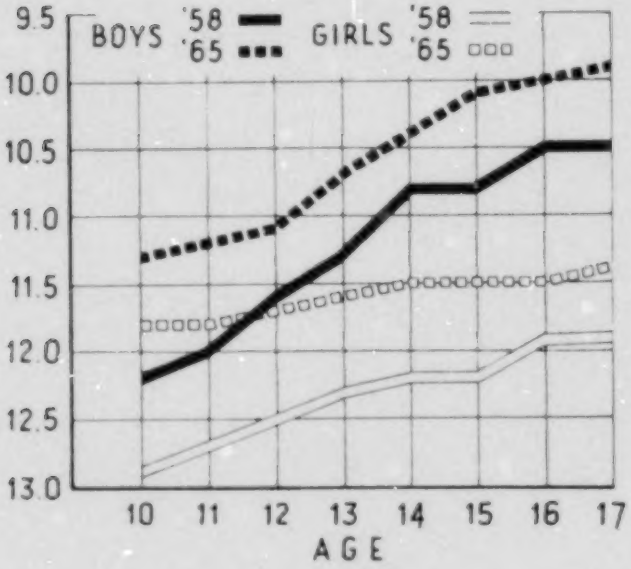


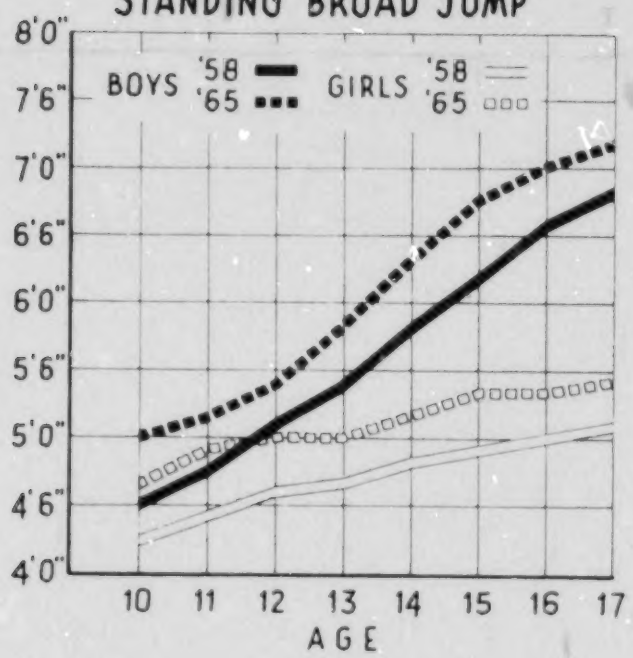

[3] This survey, under the title *A Study and Comparison of Youth Fitness Between 1957 and 1963*, was conducted under the auspices of the Cooperative Research Branch, U.S. Office of Education (Cooperative Research Project #2418).

## SIT-UPS (STRAIGHT LEG)




## SHUTTLE RUN




STANDING BROAD JUMP
8'0"
7'6"
7'0"
6'6"
6'0"
5'6"
5'0"
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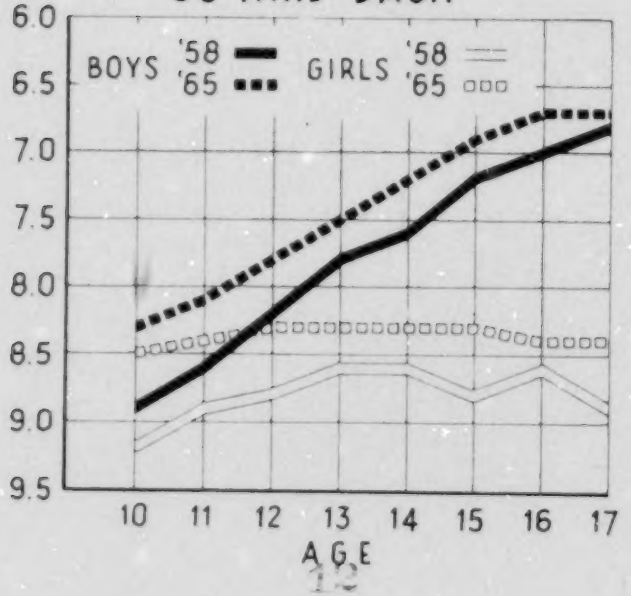
BOYS '58 '65
GIRLS '58 '65
10 11 12 13 14 15 16 17
AGE


50-YARD DASH
6.0
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BOYS '58 '65
GIRLS '58 '65
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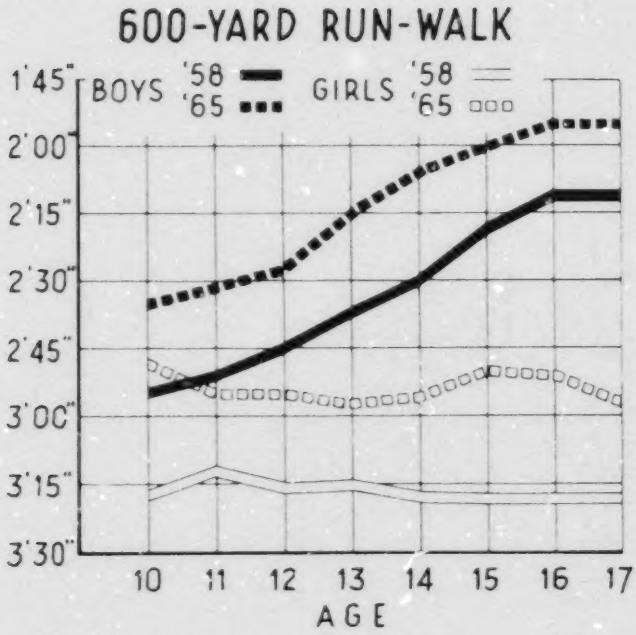
600-YARD RUN-WALK
BOYS '58
'65
GIRLS '58
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1'45"
2'00"
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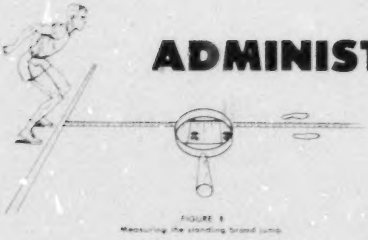


# ADMINISTERING THE TEST

THE AAHPER YOUTH FITNESS TEST BATTERY consists of six test items. Detailed instructions for administering each test appear on the following seven pages.

The tests may be given in any gymnasium or out of doors. With the exception of a bar for the pull-up and flexed-arm hang, no special equipment is required. Administering the tests does, however, call for careful planning, to utilize both space and time to best advantage. Stations for each test should be thoughtfully worked out and the various test areas clearly marked ahead of time.

Arrangements must be made for timers and for recording of all scores. (See page 23 for information about the permanent recording of scores.) Organizing the group into squads is a useful technique. Sometimes it is possible for each pupil to record his own score as the test is given; sometimes it is more practical to have a squad captain, an assistant, or the teacher record scores. (They may later be transferred to personal records.)

It is suggested that the pull-up for boys, flexed-arm hang for girls, flexed leg sit-up, shuttle run, and standing broad jump be given in one period; the 50-yard dash, and 600-yard run-walk (with optional runs) in a second period.

The pupils should be given reasonable warm-up prior to the testing. A test should not be given to any pupil whose medical status is questionable.

Be certain to follow directions exactly for each test. Only in this way will it be possible to compare the scores with the national norms. (See page 24 for information about using the percentile score tables to compare individual scores with the national norms.)

# pull-up

1

BOYS

FIGURE 1
Improvised equipment for pull-up—doorway gym bar in background, ladder in foreground.

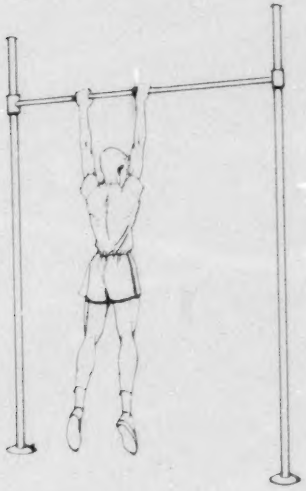


FIGURE 2
Starting position for pull-up.

## EQUIPMENT

A metal or wooden bar approximately 1½ inches in diameter is preferred. A doorway gym bar can be used, and, if no regular equipment is available, a piece of pipe or even the rungs of a ladder can also serve the purpose (FIGURE 1).

## DESCRIPTION

The bar should be high enough so that the pupil can hang with his arms and legs fully extended and his feet free of the floor. He should use the overhand grasp (FIGURE 2). After assuming the hanging position, the pupil raises his body by his arms until his chin can be placed over the bar and then lowers his body to a full hang as in the starting position. The exercise is repeated as many times as possible.

## RULES

1. Allow one trial unless it is obvious that the pupil has not had a fair chance.
2. The body must not swing during the execution of the movement. The pull must in no way be a snap movement. If the pupil starts swinging, check this by holding your extended arm across the front of the thighs.
3. The knees must not be raised and kicking of the legs is not permitted.

## SCORING

Record the number of completed pull-ups to the nearest whole number.

# 1 flexed-arm hang

GIRLS

## EQUIPMENT

A horizontal bar approximately 1½ inches in diameter is preferred. A doorway gym bar can be used; if no regular equipment is available, a piece of pipe can serve the purpose. A stop watch is needed.

## DESCRIPTION

The height of the bar should be adjusted so it is approximately equal to the pupil's standing height. The pupil should use an overhand grasp (FIGURE 3). With the assistance of two spotters, one in front and one in back of pupil, the pupil raises her body off the floor to a position where the chin is above the bar, the elbows are flexed, and the chest is close to the bar (FIGURE 4). The pupil holds this position as long as possible.

## RULES

1. The stop watch is started as soon as the subject takes the hanging position.
2. The watch is stopped when (a) pupil's chin touches the bar, (b) pupil's head tilts backwards to keep chin above the bar, (c) pupil's chin falls below the level of the bar.

## SCORING

Record in seconds to the nearest second the length of time the subject holds the hanging position.

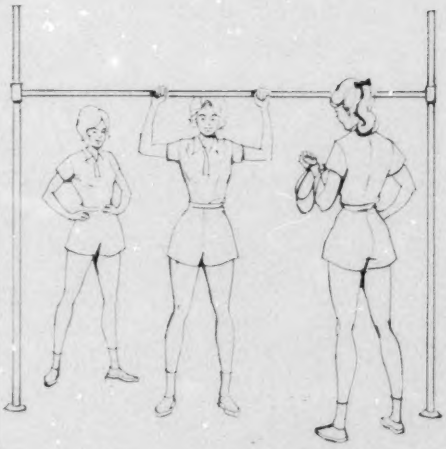


FIGURE 3
Starting position for flexed-arm hang.

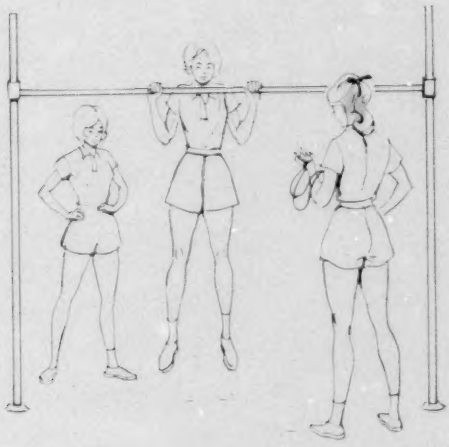


FIGURE 4
Flexed-arm hang.

## sit-up (flexed leg)

**BOYS AND GIRLS**

# 2

### EQUIPMENT

Clean floor, mat or dry turf and stopwatch.

### DESCRIPTION

The pupil lies on his back with his knees bent, feet on the floor and heels not more than 12 inches from the buttocks. The angle at the knees should be less than 90 degrees. The pupil puts his hands on the back of his neck with fingers clasped and places his elbows squarely on the mat, floor or turf. His feet are held by his partner to keep them in touch with the surface. The pupil tightens his abdominal muscles and brings his head and elbows forward as he curls up, finally touching elbows to knees. This action constitutes one sit-up. The pupil returns to the starting position with his elbows on the surface before he sits up again. The timer gives the signal "ready-go," and the sit-up performance is started on the word "go." Performance is stopped on the word "stop." The number of correctly executed sit-ups performed in 60 seconds shall be the score.

FIGURE 5
Starting position for flexed leg sit-up

### RULES

1. Only one trial shall be allowed unless the teacher believes the pupil has not had a fair opportunity to perform.
2. No resting between sit-ups is permitted.
3. No sit-ups shall be counted in which the pupil *does not* (a) keep the fingers clasped behind the neck; (b) bring both elbows forward in starting to sit up without pushing off the floor with an elbow; or (c) return to starting position, *with elbows flat on the surface*, before sitting up again.

FIGURE 6
Flexed leg sit-up

### SCORING

Record the number of correctly executed sit-ups the pupil is able to do in 60 seconds. A foul nullifies the count for that sit-up. The watch is started on the word "go" and stopped on the word "stop."

# 3 shuttle run

BOYS AND GIRLS

## EQUIPMENT

Two blocks of wood, 2 inches x 2 inches x 4 inches, and stopwatch. Pupils should wear sneakers or run barefooted.

## DESCRIPTION

Two parallel lines are marked on the floor 30 feet apart. The width of a regulation volleyball court serves as a suitable area. Place the blocks of wood behind one of the lines as indicated in FIGURE 7. The pupil starts from behind the other line. On the signal "Ready? Go!" the pupil runs to the blocks, picks one up, runs back to the starting line, and *places* the block behind the line; he then runs back and picks up the second block, which he carries back across the starting line. If the scorer has two stopwatches or one with a split-second timer, it is preferable to have two pupils running at the same time. To eliminate the necessity of returning the blocks after each race, start the races alternately, first from behind one line and then from behind the other.

## RULES

Allow two trials with some rest between.

## SCORING

Record the time of the better of the two trials to the nearest tenth of a second.

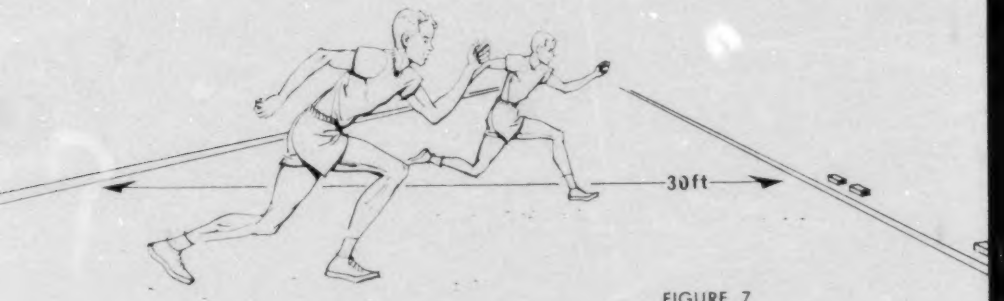



FIGURE 7
Starting the shuttle run.

# standing broad jump

BOYS AND GIRLS

# 4

## EQUIPMENT

Mat, floor, or outdoor jumping pit, and tape measure.

## DESCRIPTION

Pupil stands as indicated in FIGURE 8, with the feet several inches apart and the toes just behind the take-off line. Preparatory to jumping, the pupil swings the arms backward and bends the knees. The jump is accomplished by simultaneously extending the knees and swinging forward the arms.

## RULES

1. Allow three trials.
2. Measure from the take-off line to the heel or other part of the body that touches the floor nearest the take-off line (FIGURE 8).
3. When the test is given indoors, it is convenient to tape the tape measure to the floor at right angles to the take-off line and have the pupils jump along the tape. The scorer stands to the side and observes the mark to the nearest inch.

## SCORING

Record the best of the three trials in feet and inches to the nearest inch.

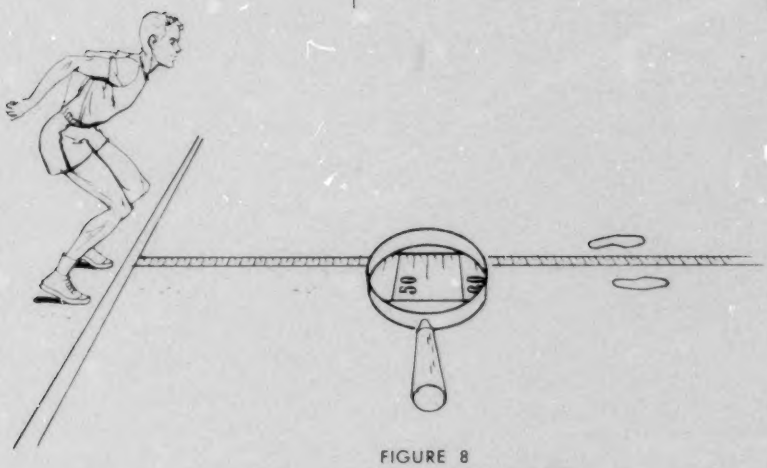


FIGURE 8
Measuring the standing broad jump.

# 5 50-yard dash

BOYS AND GIRLS

## EQUIPMENT

Two stopwatches or one with a split-second timer.

## DESCRIPTION

It is preferable to administer this test to two pupils at a time. Have both take positions behind the starting line. The starter will use the commands "Are you ready?" and "Go!" The latter will be accompanied by a downward sweep of the starter's arm to give a visual signal to the timer, who stands at the finish line.

## RULES

The score is the amount of time between the starter's signal and the instant the pupil crosses the finish line.

## SCORING

Record in seconds to the nearest tenth of a second.

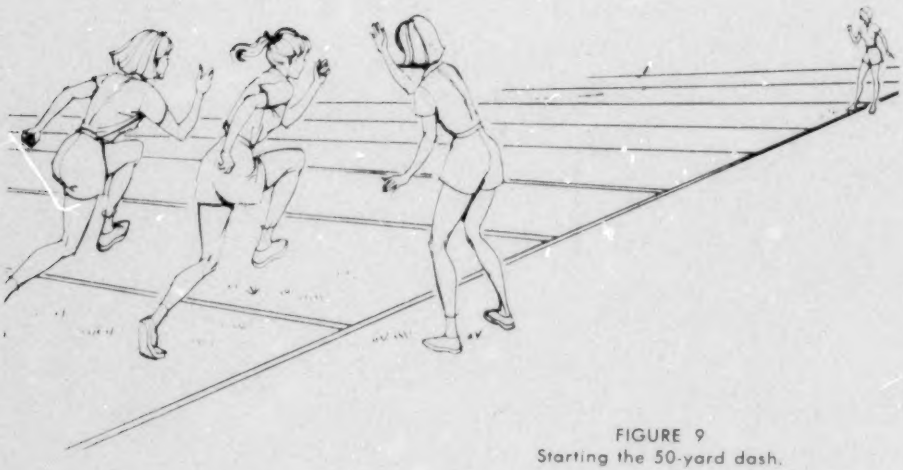


FIGURE 9
Starting the 50-yard dash.

# 6 600-yard run-walk

BOYS AND GIRLS

Options:
Ages 10-12, 1-mile or 9-minute run

Ages 13 or older, 1½-mile or 12-minute run

## EQUIPMENT

Track or area marked according to FIGURES 11-13, and stopwatch.

## DESCRIPTION

Pupil uses a standing start. At the signal "Ready? Go!" the pupil starts running the 600-yard distance. The running may be interspersed with walking. It is possible to have a dozen pupils run at one time by having the pupils pair off before the start of the event. Then each pupil listens for and remembers his partner's time as the latter crosses the finish. The timer merely calls out the times as the pupils cross the finish.

## RULES

Walking is permitted, but the object is to cover the distance in the shortest possible time.

## SCORING

Record in minutes and seconds.

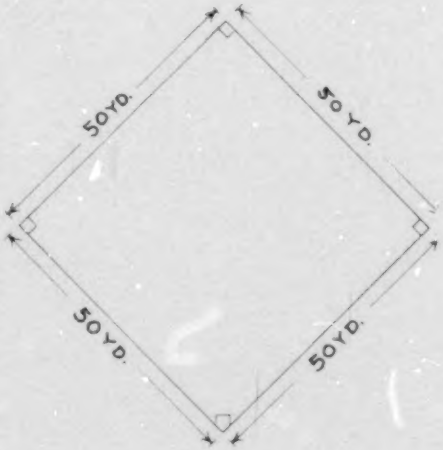



FIGURE 12
Using any open area for 600-yard run-walk

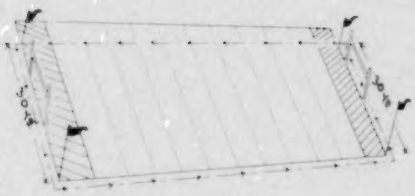



FIGURE 11
Using football field for 600-yard run-walk

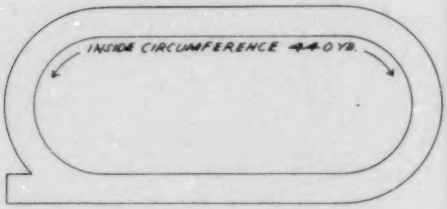



FIGURE 13
Using inside track for 600-yard run-walk

# RECORDING TEST SCORES

INFORMATION ABOUT SCORING each test item is included with the instructions for administering the test. It is important that the test scores be recorded in some permanent form, in order that they may be put to use. The results are useful in measuring individual progress, in comparing individual performance levels with a nationwide standard, in identifying specific weaknesses which can then be improved, in developing programs of activities which will help raise levels of fitness for the school population.

For convenience in recording test data, three forms have been developed for use by the participant and the teacher or leader administering the AAHPER Youth Fitness Test. These forms include spaces for noting the raw score (that is, the performance record in feet, minutes, number, etc.) and the percentile score (which indicates how the performer compares with others in his own category). The percentile scores are obtained from the tables of norms which appear on pages 26-60. See instructions on next page.

The three types of recording forms are as follows:

*Personal Fitness Record*, reproduced on pages 63-66, is designed for the individual's own recording of his score on the test. The graph permits the student to record the results of more than one test, by using different colors for plotting the percentiles. It may be used at all levels.

*Cumulative Fitness Record*, reproduced on pages 67-70, contains space for recording the individual's score each year from grades 5 through 12. It is made in the form of a file folder, to be kept in the school office as a cumulative record of the student's fitness over the eight-year period. Test items can also be recorded separately, so that a cumulative record of the score on each test item may be kept for the eight-year period. This form may be adapted for use at the college level, if desired.

*Class Composite Record*, reproduced on page 71, is a convenient form for the test administrator to record the scores of the members of the class or group taking the AAHPER Youth Fitness Test. It may be used at all levels.

All forms are available from AAHPER (see pages 72-74).

# COMPARING TEST RESULTS

TEACHERS AND PUPILS are interested in knowing how a particular test score compares with those of other pupils of a similar age or maturation level. Teachers also need to have some idea about the range of abilities at each level for the physical performance tests. The percentile scores developed from the nationwide sampling in 1964-65 will enable pupils and teachers to compare scores with national norms.

Two sets of percentile scores are presented in this *Manual*. One set is based on age alone (TABLES 1-12B); the second is based on the Neilson-Cozens Classification Index (TABLES 15-29). This Index, providing a more definitive classification than that offered by age alone, appears as TABLES 13 and 14.

### Using tables based on age

In developing the tables based on age, anyone who was between 120 months and 131 months was considered a 10-year-old; 132 to 143, an 11-year-old; 144 to 155, a 12-year-old; 156 to 167, a 13-year-old; and so on, up to the age of 18. In other words, age was expressed in the number of birthdays the pupil had had. TABLES 1-6B give the percentile figures for girls and TABLES 7-12B for boys.

For example, a girl who is 10 years old and does 33 sit-ups is at the 55th percentile for this test. This means that her performance is better than 55 percent of the 10-year-old girls and that 45 percent of the 10-year-old girls exceed her performance.

### Using tables based on classification index

To classify a pupil according to the Neilson-Cozens Classification Index, the following information must be secured:

1. Age to the nearest month.
2. Height in inches to the nearest half-inch (without shoes).
3. Weight to the nearest pound (gym clothes or no shoes, coats, or sweaters).

These data are then translated into exponents, by consulting TABLE 13 or 14; the exponents are then totaled to produce the pupil's class. For

example, a boy in the seventh grade who is 146 months old, 60 inches tall, and weighs 98 pounds is classified in Class D, as follows:

| DATA | EXPONENT |
|---|---|
| Age—146 months | 5 |
| Height—60 inches | 10 |
| Weight—98 pounds | 8 |
| Sum of exponents | 23 |
| Pupil's class | D |

Percentile scores for boys through the ninth grade are given in TABLES 20-24, and scores for boys in grades 10 through 12 appear in TABLES 25-29. TABLES 15-19 are for girls, with columns A through H for grades 5 through 9 and column HSG for high school girls.

All three recording forms developed by AAHPER provide space for calculating the Classification Index from TABLES 13 and 14 in the *Manual*.

## TABLE 1. FLEXED-ARM HANG FOR GIRLS

Percentile Scores Based on Age / Test Scores in Seconds

| Percentile | Age 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | Percentile |
|---|---|---|---|---|---|---|---|---|---|
| 100th | 66 | 79 | 64 | 80 | 60 | 74 | 74 | 76 | 100th |
| 95th | 31 | 35 | 30 | 30 | 30 | 33 | 37 | 31 | 95th |
| 90th | 24 | 25 | 23 | 21 | 22 | 22 | 26 | 25 | 90th |
| 85th | 21 | 20 | 19 | 18 | 19 | 18 | 19 | 19 | 85th |
| 80th | 18 | 17 | 15 | 15 | 16 | 16 | 16 | 16 | 80th |
| 75th | 15 | 16 | 13 | 13 | 13 | 14 | 14 | 14 | 75th |
| 70th | 13 | 13 | 11 | 12 | 11 | 13 | 12 | 12 | 70th |
| 65th | 11 | 11 | 10 | 10 | 10 | 11 | 10 | 11 | 65th |
| 60th | 10 | 10 | 8 | 9 | 9 | 10 | 9 | 10 | 60th |
| 55th | 9 | 9 | 8 | 8 | 8 | 8 | 8 | 9 | 55th |
| 50th | 7 | 8 | 6 | 7 | 7 | 8 | 7 | 8 | 50th |
| 45th | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 7 | 45th |
| 40th | 6 | 5 | 5 | 5 | 5 | 6 | 5 | 6 | 40th |
| 35th | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 35th |
| 30th | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 30th |
| 25th | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 25th |
| 20th | 2 | 2 | 1 | 2 | 1 | 1 | 1 | 2 | 20th |
| 15th | 2 | 1 | 0 | 1 | 1 | 0 | 1 | 0 | 15th |
| 10th | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10th |
| 5th | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5th |
| 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

## TABLE 2. SIT-UP FOR GIRLS (FLEXED LEG)

Percentile Scores Based on Age / Test Scores in Number of Sit-ups Performed in 60 Seconds

| Percentile | Age 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | Percentile |
|---|---|---|---|---|---|---|---|---|---|---|
| 99th | 50 | 51 | 50 | 53 | 52 | 54 | 52 | 50 | 51 | 99th |
| 95th | 39 | 42 | 44 | 46 | 47 | 47 | 45 | 45 | 46 | 95th |
| 90th | 35 | 37 | 40 | 42 | 43 | 43 | 42 | 42 | 42 | 90th |
| 85th | 33 | 35 | 38 | 40 | 41 | 41 | 40 | 40 | 41 | 85th |
| 80th | 31 | 33 | 36 | 38 | 39 | 39 | 39 | 39 | 39 | 80th |
| 75th | 29 | 31 | 35 | 37 | 38 | 38 | 37 | 38 | 38 | 75th |
| 70th | 28 | 29 | 33 | 35 | 36 | 36 | 36 | 36 | 36 | 70th |
| 65th | 26 | 28 | 32 | 34 | 35 | 35 | 35 | 35 | 35 | 65th |
| 60th | 25 | 26 | 31 | 33 | 34 | 34 | 34 | 34 | 34 | 60th |
| 55th | 24 | 24 | 30 | 32 | 33 | 32 | 32 | 33 | 33 | 55th |
| 50th | 22 | 23 | 29 | 31 | 32 | 31 | 31 | 32 | 32 | 50th |
| 45th | 21 | 21 | 28 | 30 | 30 | 30 | 30 | 30 | 31 | 45th |
| 40th | 19 | 20 | 26 | 29 | 29 | 29 | 29 | 29 | 30 | 40th |
| 35th | 18 | 19 | 25 | 27 | 28 | 28 | 28 | 28 | 29 | 35th |
| 30th | 17 | 18 | 23 | 26 | 26 | 26 | 26 | 27 | 27 | 30th |
| 25th | 15 | 16 | 21 | 24 | 25 | 25 | 25 | 25 | 25 | 25th |
| 20th | 14 | 15 | 20 | 23 | 23 | 23 | 24 | 24 | 23 | 20th |
| 15th | 12 | 13 | 18 | 21 | 21 | 21 | 21 | 21 | 21 | 15th |
| 10th | 10 | 11 | 15 | 19 | 18 | 19 | 18 | 19 | 19 | 10th |
| 5th | 7 | 7 | 10 | 14 | 13 | 13 | 13 | 13 | 15 | 5th |

## TABLE 3. SHUTTLE RUN FOR GIRLS

Percentile Scores Based on Age / Test Scores in Seconds and Tenths

| Percentile | Age 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | Percentile |
|---|---|---|---|---|---|---|---|---|---|
| 100th | 8.5 | 8.8 | 9.0 | 8.3 | 9.0 | 8.0 | 8.3 | 9.0 | 100th |
| 95th | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 10.0 | 95th |
| 90th | 10.5 | 10.2 | 10.2 | 10.2 | 10.3 | 10.3 | 10.2 | 10.3 | 90th |
| 85th | 10.8 | 10.6 | 10.5 | 10.5 | 10.4 | 10.5 | 10.4 | 10.4 | 85th |
| 80th | 11.0 | 10.9 | 10.8 | 10.6 | 10.5 | 10.7 | 10.6 | 10.5 | 80th |
| 75th | 11.0 | 11.0 | 10.9 | 10.8 | 10.6 | 10.9 | 10.8 | 10.6 | 75th |
| 70th | 11.1 | 11.0 | 11.0 | 11.0 | 10.8 | 11.0 | 10.9 | 10.8 | 70th |
| 65th | 11.4 | 11.2 | 11.2 | 11.0 | 10.9 | 11.0 | 11.0 | 11.0 | 65th |
| 60th | 11.5 | 11.4 | 11.3 | 11.1 | 11.0 | 11.1 | 11.0 | 11.0 | 60th |
| 55th | 11.8 | 11.6 | 11.5 | 11.3 | 11.1 | 11.2 | 11.2 | 11.1 | 55th |
| 50th | 11.9 | 11.7 | 11.6 | 11.4 | 11.3 | 11.3 | 11.2 | 11.2 | 50th |
| 45th | 12.0 | 11.8 | 11.8 | 11.6 | 11.4 | 11.5 | 11.4 | 11.4 | 45th |
| 40th | 12.0 | 12.0 | 11.9 | 11.8 | 11.5 | 11.6 | 11.5 | 11.5 | 40th |
| 35th | 12.1 | 12.0 | 12.0 | 12.0 | 11.7 | 11.8 | 11.8 | 11.6 | 35th |
| 30th | 12.4 | 12.1 | 12.1 | 12.0 | 12.0 | 11.9 | 12.0 | 11.8 | 30th |
| 25th | 12.6 | 12.4 | 12.3 | 12.2 | 12.0 | 12.0 | 12.0 | 12.0 | 25th |
| 20th | 12.8 | 12.6 | 12.5 | 12.5 | 12.3 | 12.3 | 12.2 | 12.0 | 20th |
| 15th | 13.0 | 13.0 | 12.9 | 13.0 | 12.6 | 12.5 | 12.5 | 12.3 | 15th |
| 10th | 13.1 | 13.4 | 13.2 | 13.3 | 13.1 | 13.0 | 13.0 | 13.0 | 10th |
| 5th | 14.0 | 14.1 | 13.9 | 14.0 | 13.9 | 13.5 | 13.9 | 13.8 | 5th |
| 0 | 16.6 | 18.5 | 19.8 | 18.5 | 17.6 | 16.0 | 17.6 | 20.0 | 0 |

## TABLE 4. STANDING BROAD JUMP FOR GIRLS

Percentile Scores Based on Age / Test Scores in Feet and Inches

| Percentile | Age 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | Percentile |
|---|---|---|---|---|---|---|---|---|---|
| 100th | 7' 0" | 7'10" | 8' 2" | 7' 6" | 7' 4" | 7' 8" | 7' 5" | 7' 8" | 100th |
| 95th | 5' 8" | 6' 2" | 6' 3" | 6' 3" | 6' 4" | 6' 6" | 6' 7" | 6' 8" | 95th |
| 90th | 5' 6" | 5'10" | 6' 0" | 6' 0" | 6' 2" | 6' 3" | 6' 4" | 6' 4" | 90th |
| 85th | 5' 4" | 5' 8" | 5' 9" | 5'10" | 6' 0" | 6' 1" | 6' 2" | 6' 2" | 85th |
| 80th | 5' 2" | 5' 6" | 5' 8" | 5' 8" | 5'10" | 6' 0" | 6' 0" | 6' 0" | 80th |
| 75th | 5' 1" | 5' 4" | 5' 6" | 5' 6" | 5' 9" | 5'10" | 5'10" | 5'11" | 75th |
| 70th | 5' 0" | 5' 3" | 5' 5" | 5' 5" | 5' 7" | 5' 9" | 5' 8" | 5'10" | 70th |
| 65th | 5' 0" | 5' 2" | 5' 4" | 5' 4" | 5' 6" | 5' 7" | 5' 7" | 5' 9" | 65th |
| 60th | 4'10" | 5' 0" | 5' 2" | 5' 3" | 5' 5" | 5' 6" | 5' 6" | 5' 7" | 60th |
| 55th | 4' 9" | 5' 0" | 5' 1" | 5' 2" | 5' 4" | 5' 5" | 5' 5" | 5' 6" | 55th |
| 50th | 4' 7" | 4'10" | 5' 0" | 5' 0" | 5' 3" | 5' 4" | 5' 4" | 5' 5" | 50th |
| 45th | 4' 6" | 4' 9" | 4'11" | 5' 0" | 5' 1" | 5' 3" | 5' 3" | 5' 3" | 45th |
| 40th | 4' 5" | 4' 8" | 4' 9" | 4'10" | 5' 0" | 5' 1" | 5' 2" | 5' 2" | 40th |
| 35th | 4' 4" | 4' 7" | 4' 8" | 4' 8" | 5' 0" | 5' 0" | 5' 0" | 5' 0" | 35th |
| 30th | 4' 3" | 4' 6" | 4' 7" | 4' 6" | 4' 9" | 4'10" | 4'11" | 5' 0" | 30th |
| 25th | 4' 2" | 4' 4" | 4' 5" | 4' 6" | 4' 8" | 4' 8" | 4'10" | 4'10" | 25th |
| 20th | 4' 0" | 4' 3" | 4' 4" | 4' 4" | 4' 6" | 4' 7" | 4' 8" | 4' 9" | 20th |
| 15th | 3'11" | 4' 1" | 4' 2" | 4' 2" | 4' 3" | 4' 6" | 4' 6" | 4' 7" | 15th |
| 10th | 3' 9" | 3'11" | 4' 0" | 4' 0" | 4' 1" | 4' 4" | 4' 4" | 4' 5" | 10th |
| 5th | 3' 6" | 3' 9" | 3' 8" | 3' 9" | 3'10" | 4' 0" | 4' 0" | 4' 2" | 5th |
| 0 | 2' 8" | 2'11" | 2'11" | 2'11" | 3' 0" | 2'11" | 3' 2" | 3' 0" | 0 |

## TABLE 5. 50-YARD DASH FOR GIRLS

Percentile Scores Based on Age / Test Scores in Seconds and Tenths

| Percentile | Age 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | Percentile |
|---|---|---|---|---|---|---|---|---|---|
| 100th | 6.0 | 6.0 | 5.9 | 6.0 | 6.0 | 6.4 | 6.0 | 6.4 | 100th |
| 95th | 7.0 | 7.0 | 7.0 | 7.0 | 7.0 | 7.1 | 7.0 | 7.1 | 95th |
| 90th | 7.3 | 7.4 | 7.3 | 7.3 | 7.2 | 7.3 | 7.3 | 7.3 | 90th |
| 85th | 7.5 | 7.6 | 7.5 | 7.5 | 7.4 | 7.5 | 7.5 | 7.5 | 85th |
| 80th | 7.7 | 7.7 | 7.6 | 7.6 | 7.5 | 7.6 | 7.5 | 7.6 | 80th |
| 75th | 7.9 | 7.9 | 7.8 | 7.7 | 7.6 | 7.7 | 7.7 | 7.8 | 75th |
| 70th | 8.0 | 8.0 | 7.9 | 7.8 | 7.7 | 7.8 | 7.9 | 7.9 | 70th |
| 65th | 8.1 | 8.0 | 8.0 | 7.9 | 7.8 | 7.9 | 8.0 | 8.0 | 65th |
| 60th | 8.2 | 8.1 | 8.0 | 8.0 | 7.9 | 8.0 | 8.0 | 8.0 | 60th |
| 55th | 8.4 | 8.2 | 8.1 | 8.0 | 8.0 | 8.0 | 8.1 | 8.1 | 55th |
| 50th | 8.5 | 8.4 | 8.2 | 8.1 | 8.0 | 8.1 | 8.3 | 8.2 | 50th |
| 45th | 8.6 | 8.5 | 8.3 | 8.2 | 8.2 | 8.2 | 8.4 | 8.3 | 45th |
| 40th | 8.8 | 8.5 | 8.4 | 8.4 | 8.3 | 8.3 | 8.5 | 8.5 | 40th |
| 35th | 8.9 | 8.6 | 8.5 | 8.5 | 8.5 | 8.4 | 8.6 | 8.6 | 35th |
| 30th | 9.0 | 8.8 | 8.7 | 8.6 | 8.6 | 8.6 | 8.8 | 8.8 | 30th |
| 25th | 9.0 | 9.0 | 8.9 | 8.8 | 8.9 | 8.8 | 9.0 | 9.0 | 25th |
| 20th | 9.2 | 9.0 | 9.0 | 9.0 | 9.0 | 9.0 | 9.0 | 9.0 | 20th |
| 15th | 9.4 | 9.2 | 9.2 | 9.2 | 9.2 | 9.0 | 9.2 | 9.1 | 15th |
| 10th | 9.6 | 9.6 | 9.5 | 9.5 | 9.5 | 9.5 | 9.9 | 9.5 | 10th |
| 5th | 10.0 | 10.0 | 10.0 | 10.2 | 10.4 | 10.0 | 10.5 | 10.4 | 5th |
| 0 | 14.0 | 13.0 | 13.0 | 15.7 | 16.0 | 18.0 | 17.0 | 12.0 | 0 |

## TABLE 6. 600-YARD RUN-WALK FOR GIRLS

(Options: Ages 10-12, 1-mile or 9-minute run. Age 13 and older, 1½-mile or 12-minute run).

**Percentile Scores Based on Age / Test Scores in Minutes and Seconds**

| Percentile | Age | | | | | | | | Percentile |
|---|---|---|---|---|---|---|---|---|---|
| | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | |
| 100th | 1'42" | 1'40" | 1'39" | 1'40" | 1'45" | 1'40" | 1'50" | 1'54" | 100th |
| 95th | 2' 5" | 2'13" | 2'14" | 2'12" | 2' 9" | 2' 9" | 2'10" | 2'11" | 95th |
| 90th | 2'15" | 2'19" | 2'20" | 2'19" | 2'18" | 2'18" | 2'17" | 2'22" | 90th |
| 85th | 2'20" | 2'24" | 2'24" | 2'25" | 2'22" | 2'23" | 2'23" | 2'27" | 85th |
| 80th | 2'26" | 2'28" | 2'27" | 2'29" | 2'25" | 2'26" | 2'26" | 2'31" | 80th |
| 75th | 2'30" | 2'32" | 2'31" | 2'33" | 2'30" | 2'28" | 2'31" | 2'34" | 75th |
| 70th | 2'34" | 2'36" | 2'35" | 2'37" | 2'34" | 2'34" | 2'36" | 2'37" | 70th |
| 65th | 2'37" | 2'39" | 2'39" | 2'40" | 2'37" | 2'36" | 2'39" | 2'42" | 65th |
| 60th | 2'41" | 2'43" | 2'42" | 2'44" | 2'41" | 2'40" | 2'42" | 2'46" | 60th |
| 55th | 2'45" | 2'47" | 2'45" | 2'47" | 2'44" | 2'43" | 2'45" | 2'49" | 55th |
| 50th | 2'48" | 2'49" | 2'49" | 2'52" | 2'46" | 2'46" | 2'49" | 2'51" | 50th |
| 45th | 2'50" | 2'53" | 2'55" | 2'56" | 2'51" | 2'49" | 2'53" | 2'57" | 45th |
| 40th | 2'55" | 2'59" | 2'58" | 3' 0" | 2'55" | 2'52" | 2'56" | 3' 0" | 40th |
| 35th | 2'59" | 3' 4" | 3' 3" | 3' 3" | 3' 0" | 2'56" | 2'59" | 3' 5" | 35th |
| 30th | 3' 3" | 3'10" | 3' 7" | 3' 9" | 3' 6" | 3' 0" | 3' 1" | 3'10" | 30th |
| 25th | 3' 8" | 3'15" | 3'11" | 3'15" | 3'12" | 3' 5" | 3' 7" | 3'16" | 25th |
| 20th | 3'13" | 3'22" | 3'18" | 3'20" | 3'19" | 3'10" | 3'12" | 3'22" | 20th |
| 15th | 3'18" | 3'30" | 3'24" | 3'30" | 3'30" | 3'18" | 3'19" | 3'29" | 15th |
| 10th | 3'27" | 3'41" | 3'40" | 3'49" | 3'48" | 3'28" | 3'30" | 3'41" | 10th |
| 5th | 3'45" | 3'59" | 4' 0" | 4'11" | 4' 8" | 3'56" | 3'45" | 3'56" | 5th |
| 0 | 4'47" | 4'53" | 5'10" | 5'10" | 5'50" | 5'10" | 5'52" | 6'40" | 0 |

## TABLE 6A. 9-MINUTE/1-MILE RUN FOR GIRLS

**Percentile Scores Based on Age / Test Scores in Yards/Time**

| Percentile | 9-Minute Run Girls — Age (Yards) | | | 1-Mile Run Girls — Age (Time) | | | Percentile |
|---|---|---|---|---|---|---|---|
| | 10 | 11 | 12 | 10 | 11 | 12 | |
| 100th | 2157 | 2180 | 2203 | 6:13 | 5:42 | 5:08 | 100th |
| 95th | 1969 | 1992 | 2015 | 7:28 | 6:57 | 6:23 | 95th |
| 90th | 1867 | 1890 | 1913 | 8:09 | 7:38 | 7:04 | 90th |
| 85th | 1801 | 1824 | 1847 | 8:33 | 8:02 | 7:28 | 85th |
| 80th | 1746 | 1769 | 1792 | 8:57 | 8:26 | 7:52 | 80th |
| 75th | 1702 | 1725 | 1748 | 9:16 | 8:45 | 8:11 | 75th |
| 70th | 1658 | 1681 | 1704 | 9:31 | 9:00 | 8:26 | 70th |
| 65th | 1622 | 1645 | 1668 | 9:51 | 9:20 | 8:46 | 65th |
| 60th | 1583 | 1606 | 1629 | 10:02 | 9:31 | 8:57 | 60th |
| 55th | 1550 | 1573 | 1596 | 10:15 | 9:44 | 9:10 | 55th |
| 50th | 1514 | 1537 | 1560 | 10:29 | 9:58 | 9:24 | 50th |
| 45th | 1478 | 1501 | 1524 | 10:43 | 10:12 | 9:38 | 45th |
| 40th | 1445 | 1468 | 1491 | 10:56 | 10:25 | 9:51 | 40th |
| 35th | 1406 | 1429 | 1452 | 11:07 | 10:36 | 10:12 | 35th |
| 30th | 1370 | 1393 | 1416 | 11:27 | 10:56 | 10:22 | 30th |
| 25th | 1326 | 1349 | 1372 | 11:42 | 11:11 | 10:37 | 25th |
| 20th | 1282 | 1305 | 1328 | 12:01 | 11:30 | 10:56 | 20th |
| 15th | 1227 | 1250 | 1273 | 12:25 | 11:54 | 11:30 | 15th |
| 10th | 1161 | 1184 | 1207 | 12:49 | 12:18 | 11:44 | 10th |
| 5th | 1059 | 1082 | 1105 | 13:30 | 12:59 | 12:24 | 5th |
| 0 | 871 | 894 | 917 | 14:45 | 14:14 | 13:40 | 0 |

## TABLE 6B. 12-MINUTE/1½-MILE RUN FOR GIRLS, AGE 13 AND OLDER

Percentile Scores Based on Age / Test Scores in Yards/Time

| Percentile | 12-Minute Run Yards | 1.5 Mile Run Time | Percentile |
|---|---|---|---|
| 100th | 2693 | 10:20 | 100th |
| 95th | 2448 | 12:17 | 95th |
| 90th | 2318 | 13:19 | 90th |
| 85th | 2232 | 14:00 | 85th |
| 80th | 2161 | 14:34 | 80th |
| 75th | 2100 | 15:03 | 75th |
| 70th | 2050 | 15:26 | 70th |
| 65th | 2000 | 15:50 | 65th |
| 60th | 1950 | 16:14 | 60th |
| 55th | 1908 | 16:34 | 55th |
| 50th | 1861 | 16:57 | 50th |
| 45th | 1815 | 17:19 | 45th |
| 40th | 1772 | 17:39 | 40th |
| 35th | 1722 | 18:03 | 35th |
| 30th | 1672 | 18:27 | 30th |
| 25th | 1622 | 18:50 | 25th |
| 20th | 1561 | 19:19 | 20th |
| 15th | 1490 | 19:53 | 15th |
| 10th | 1404 | 20:34 | 10th |
| 5th | 1274 | 21:36 | 5th |
| 0 | 1030 | 23:33 | 0 |

## TABLE 7. PULL-UP FOR BOYS

Percentile Scores Based on Age / Test Scores in Number of Pull-Ups

| Percentile | Age 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | Percentile |
|---|---|---|---|---|---|---|---|---|---|
| 100th | 16 | 20 | 15 | 24 | 20 | 25 | 25 | 32 | 100th |
| 95th | 8 | 8 | 9 | 10 | 12 | 13 | 14 | 16 | 95th |
| 90th | 7 | 7 | 7 | 9 | 10 | 11 | 13 | 14 | 90th |
| 85th | 6 | 6 | 6 | 8 | 10 | 10 | 12 | 12 | 85th |
| 80th | 5 | 5 | 5 | 7 | 8 | 10 | 11 | 12 | 80th |
| 75th | 4 | 4 | 5 | 6 | 8 | 9 | 10 | 10 | 75th |
| 70th | 4 | 4 | 4 | 5 | 7 | 8 | 10 | 10 | 70th |
| 65th | 3 | 3 | 3 | 5 | 6 | 7 | 9 | 10 | 65th |
| 60th | 3 | 3 | 3 | 4 | 6 | 7 | 9 | 9 | 60th |
| 55th | 3 | 2 | 3 | 4 | 5 | 6 | 8 | 8 | 55th |
| 50th | 2 | 2 | 2 | 3 | 5 | 6 | 7 | 8 | 50th |
| 45th | 2 | 2 | 2 | 3 | 4 | 5 | 6 | 7 | 45th |
| 40th | 1 | 1 | 1 | 2 | 4 | 5 | 6 | 7 | 40th |
| 35th | 1 | 1 | 1 | 2 | 3 | 4 | 5 | 6 | 35th |
| 30th | 1 | 1 | 1 | 1 | 3 | 4 | 5 | 5 | 30th |
| 25th | 0 | 0 | 0 | 1 | 2 | 3 | 4 | 5 | 25th |
| 20th | 0 | 0 | 0 | 0 | 2 | 3 | 4 | 4 | 20th |
| 15th | 0 | 0 | 0 | 0 | 1 | 2 | 3 | 4 | 15th |
| 10th | 0 | 0 | 0 | 0 | 0 | 1 | 2 | 2 | 10th |
| 5th | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 5th |
| 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

## TABLE 8. SIT-UP FOR BOYS (FLEXED LEG)

Percentile Scores Based on Age / Test Scores in Number of Sit-ups Performed in 60 Seconds

| Percentile | Age | | | | | | | | | Percentile |
|---|---|---|---|---|---|---|---|---|---|---|
| | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | |
| 99th | | | | | | | | | | 99th |
| 95th | 44 | 49 | 55 | 58 | | | | | | 95th |
| 90th | 39 | 44 | 50 | 54 | | | | | | 90th |
| 85th | 36 | 41 | 49 | 51 | 55 | 59 | 61 | 63 | 61 | 85th |
| 80th | 33 | 38 | 46 | 49 | 53 | 56 | 59 | 60 | 59 | 80th |
| 75th | 32 | 36 | 45 | 48 | 51 | 54 | 57 | 58 | 57 | 75th |
| 70th | 30 | 35 | 43 | 47 | 50 | 52 | 55 | 55 | 55 | 70th |
| 65th | 28 | 33 | 41 | 45 | 49 | 51 | 53 | 54 | 54 | 65th |
| 60th | 27 | 31 | 40 | 44 | 48 | 50 | 51 | 52 | 52 | 60th |
| 55th | 25 | 29 | 39 | 43 | 46 | 49 | 50 | 51 | 50 | 55th |
| 50th | 24 | 28 | 37 | 42 | 45 | 47 | 49 | 49 | 49 | 50th |
| 45th | 23 | 26 | 36 | 41 | 44 | 46 | 48 | 48 | 48 | 45th |
| 40th | 22 | 24 | 34 | 40 | 43 | 45 | 46 | 47 | 46 | 40th |
| 35th | 20 | 23 | 32 | 38 | 41 | 44 | 45 | 45 | 45 | 35th |
| 30th | 19 | 22 | 31 | 37 | 40 | 42 | 44 | 44 | 44 | 30th |
| 25th | 18 | 20 | 29 | 35 | 39 | 41 | 42 | 42 | 42 | 25th |
| 20th | 16 | 19 | 27 | 33 | 37 | 39 | 40 | 40 | 40 | 20th |
| 15th | 14 | 16 | 24 | 31 | 34 | 38 | 39 | 39 | 38 | 15th |
| 10th | 11 | 14 | 21 | 29 | 31 | 35 | 35 | 36 | 35 | 10th |
| 5th | 5 | 4 | 14 | 23 | 27 | 31 | 32 | 32 | 30 | 5th |

## TABLE 9. SHUTTLE RUN FOR BOYS

**Percentile Scores Based on Age / Test Scores in Seconds and Tenths**

| Percentile | Age | | | | | | | | Percentile |
|---|---|---|---|---|---|---|---|---|---|
| | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | |
| 100th | 9.0 | 9.0 | 8.5 | 8.0 | 8.3 | 8.0 | 8.1 | 8.0 | 100th |
| 95th | 10.0 | 10.0 | 9.8 | 9.5 | 9.3 | 9.1 | 9.0 | 8.9 | 95th |
| 90th | 10.2 | 10.1 | 10.0 | 9.8 | 9.5 | 9.3 | 9.1 | 9.0 | 90th |
| 85th | 10.4 | 10.3 | 10.0 | 9.9 | 9.6 | 9.4 | 9.2 | 9.1 | 85th |
| 80th | 10.5 | 10.4 | 10.2 | 10.0 | 9.8 | 9.5 | 9.3 | 9.2 | 80th |
| 75th | 10.7 | 10.5 | 10.3 | 10.1 | 9.9 | 9.6 | 9.5 | 9.3 | 75th |
| 70th | 10.8 | 10.7 | 10.5 | 10.2 | 9.9 | 9.7 | 9.5 | 9.4 | 70th |
| 65th | 10.9 | 10.8 | 10.6 | 10.3 | 10.0 | 9.8 | 9.6 | 9.5 | 65th |
| 60th | 11.0 | 10.9 | 10.7 | 10.4 | 10.0 | 9.8 | 9.7 | 9.6 | 60th |
| 55th | 11.0 | 11.0 | 10.9 | 10.5 | 10.2 | 9.9 | 9.8 | 9.7 | 55th |
| 50th | 11.2 | 11.1 | 11.0 | 10.6 | 10.2 | 10.0 | 9.9 | 9.8 | 50th |
| 45th | 11.4 | 11.2 | 11.0 | 10.8 | 10.3 | 10.0 | 10.0 | 9.9 | 45th |
| 40th | 11.5 | 11.3 | 11.1 | 10.9 | 10.5 | 10.1 | 10.0 | 10.0 | 40th |
| 35th | 11.6 | 11.4 | 11.3 | 11.0 | 10.5 | 10.2 | 10.1 | 10.0 | 35th |
| 30th | 11.8 | 11.6 | 11.5 | 11.1 | 10.7 | 10.3 | 10.2 | 10.1 | 30th |
| 25th | 12.0 | 11.8 | 11.6 | 11.3 | 10.9 | 10.5 | 10.4 | 10.4 | 25th |
| 20th | 12.0 | 12.0 | 11.9 | 11.5 | 11.0 | 10.6 | 10.5 | 10.6 | 20th |
| 15th | 12.2 | 12.1 | 12.0 | 11.8 | 11.2 | 10.9 | 10.8 | 10.9 | 15th |
| 10th | 12.6 | 12.4 | 12.4 | 12.0 | 11.5 | 11.1 | 11.1 | 11.2 | 10th |
| 5th | 13.1 | 13.0 | 13.0 | 12.5 | 12.0 | 11.7 | 11.5 | 11.7 | 5th |
| 0 | 15.0 | 20.0 | 22.0 | 16.0 | 16.0 | 16.6 | 16.7 | 14.0 | 0 |

## TABLE 10. STANDING BROAD JUMP FOR BOYS

**Percentile Scores Based on Age / Test Scores in Feet and Inches**

| Percentile | Age 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | Percentile |
|---|---|---|---|---|---|---|---|---|---|
| 100th | 6' 8" | 10' 0" | 7'10" | 8' 8" | 8'11" | 9' 2" | 9' 1" | 9' 8" | 100th |
| 95th | 6' 1" | 6' 3" | 6' 6" | 7' 2" | 7' 9" | 8' 0" | 8' 5" | 8' 6" | 95th |
| 90th | 5'10" | 6' 0" | 6' 4" | 6'11" | 7' 5" | 7' 9" | 8' 1" | 8' 3" | 90th |
| 85th | 5' 8" | 5'10" | 6' 2" | 6' 9" | 7' 3" | 7' 6" | 7'11" | 8' 1" | 85th |
| 80th | 5' 7" | 5' 9" | 6' 1" | 6' 7" | 7' 0" | 7' 6" | 7' 9" | 8' 0" | 80th |
| 75th | 5' 6" | 5' 7" | 6' 0" | 6' 5" | 6'11" | 7' 4" | 7' 7" | 7'10" | 75th |
| 70th | 5' 5" | 5' 6" | 5'11" | 6' 3" | 6' 9" | 7' 2" | 7' 6" | 7' 8" | 70th |
| 65th | 5' 4" | 5' 6" | 5' 9" | 6' 1" | 6' 8" | 7' 1" | 7' 5" | 7' 7" | 65th |
| 60th | 5' 2" | 5' 4" | 5' 8" | 6' 0" | 6' 7" | 7' 0" | 7' 4" | 7' 6" | 60th |
| 55th | 5' 1" | 5' 3" | 5' 7" | 5'11" | 6' 6" | 6'11" | 7' 3" | 7' 5" | 55th |
| 50th | 5' 0" | 5' 2" | 5' 6" | 5'10" | 6' 4" | 6' 9" | 7' 1" | 7' 3" | 50th |
| 45th | 5' 0" | 5' 1" | 5' 5" | 5' 9" | 6' 3" | 6' 8" | 7' 0" | 7' 2" | 45th |
| 40th | 4'10" | 5' 0" | 5' 4" | 5' 7" | 6' 1" | 6' 6" | 6'11" | 7' 0" | 40th |
| 35th | 4'10" | 4'11" | 5' 2" | 5' 6" | 6' 0" | 6' 6" | 6' 9" | 6'11" | 35th |
| 30th | 4' 8" | 4'10" | 5' 1" | 5' 5" | 5'10" | 6' 4" | 6' 7" | 6'10" | 30th |
| 25th | 4' 6" | 4' 8" | 5' 0" | 5' 3" | 5' 8" | 6' 3" | 6' 6" | 6' 8" | 25th |
| 20th | 4' 5" | 4' 7" | 4'10" | 5' 2" | 5' 6" | 6' 1" | 6' 4" | 6' 6" | 20th |
| 15th | 4' 4" | 4' 5" | 4' 8" | 5' 0" | 5' 4" | 5'10" | 6' 1" | 6' 4" | 15th |
| 10th | 4' 3" | 4' 2" | 4' 5" | 4' 9" | 5' 2" | 5' 7" | 5'11" | 6' 0" | 10th |
| 5th | 4' 0" | 4' 0" | 4' 2" | 4' 5" | 4'11" | 5' 4" | 5' 6" | 5' 8" | 5th |
| 0 | 2'10" | 1' 8" | 3' 0" | 2' 9" | 3' 8" | 2'10" | 2' 2" | 3' 7" | 0 |

# TABLE 11. 50-YARD DASH FOR BOYS

**Percentile Scores Based on Age / Test Scores in Seconds and Tenths**

| Percentile | Age | | | | | | | | Percentile |
|---|---|---|---|---|---|---|---|---|---|
| | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | |
| **100th** | 6.0 | 6.0 | 6.0 | 5.8 | 5.8 | 5.6 | 5.6 | 5.6 | 100th |
| 95th | 7.0 | 7.0 | 6.8 | 6.5 | 6.3 | 6.1 | 6.0 | 6.0 | 95th |
| 90th | 7.1 | 7.2 | 7.0 | 6.7 | 6.4 | 6.2 | 6.1 | 6.0 | 90th |
| 85th | 7.4 | 7.4 | 7.0 | 6.9 | 6.6 | 6.4 | 6.3 | 6.1 | 85th |
| 80th | 7.5 | 7.5 | 7.2 | 7.0 | 6.7 | 6.5 | 6.3 | 6.2 | 80th |
| 75th | 7.6 | 7.6 | 7.3 | 7.0 | 6.8 | 6.5 | 6.3 | 6.3 | 75th |
| 70th | 7.8 | 7.7 | 7.5 | 7.1 | 6.9 | 6.6 | 6.4 | 6.3 | 70th |
| 65th | 8.0 | 7.8 | 7.5 | 7.2 | 7.0 | 6.7 | 6.5 | 6.4 | 65th |
| 60th | 8.0 | 7.8 | 7.6 | 7.3 | 7.0 | 6.7 | 6.5 | 6.5 | 60th |
| 55th | 8.1 | 8.0 | 7.8 | 7.4 | 7.0 | 6.8 | 6.6 | 6.5 | 55th |
| 50th | 8.2 | 8.0 | 7.8 | 7.5 | 7.1 | 6.9 | 6.7 | 6.6 | 50th |
| 45th | 8.3 | 8.0 | 7.9 | 7.5 | 7.2 | 7.0 | 6.7 | 6.7 | 45th |
| 40th | 8.5 | 8.1 | 8.0 | 7.6 | 7.2 | 7.0 | 6.8 | 6.7 | 40th |
| 35th | 8.5 | 8.3 | 8.0 | 7.7 | 7.3 | 7.1 | 6.9 | 6.8 | 35th |
| 30th | 8.7 | 8.4 | 8.2 | 7.9 | 7.5 | 7.1 | 6.9 | 6.9 | 30th |
| 25th | 8.8 | 8.5 | 8.3 | 8.0 | 7.6 | 7.2 | 7.0 | 7.0 | 25th |
| 20th | 9.0 | 8.7 | 8.4 | 8.0 | 7.8 | 7.3 | 7.1 | 7.0 | 20th |
| 15th | 9.1 | 9.0 | 8.6 | 8.2 | 8.0 | 7.5 | 7.2 | 7.1 | 15th |
| 10th | 9.5 | 9.1 | 8.9 | 8.4 | 8.1 | 7.7 | 7.5 | 7.3 | 10th |
| 5th | 10.0 | 9.5 | 9.2 | 8.9 | 8.6 | 8.1 | 7.8 | 7.7 | 5th |
| 0 | 12.0 | 11.9 | 12.0 | 11.1 | 11.6 | 12.0 | 8.6 | 10.6 | 0 |

## TABLE 12. 600-YARD RUN-WALK FOR BOYS

(Options: Ages 10-12, 1 mile or 9-minute run. Age 13 and older, 1½-mile or 12-minute run).

**Percentile Scores Based on Age / Test Scores in Minutes and Seconds**

| Percentile | Age 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | Percentile |
|---|---|---|---|---|---|---|---|---|---|
| 100th | 1'30" | 1'27" | 1'31" | 1'29" | 1'25" | 1'26" | 1'24" | 1'23" | 100th |
| 95th | 1'58" | 1'59" | 1'52" | 1'46" | 1'37" | 1'34" | 1'32" | 1'31" | 95th |
| 90th | 2' 9" | 2' 3" | 2' 0" | 1'50" | 1'42" | 1'38" | 1'35" | 1'34" | 90th |
| 85th | 2'12" | 2' 8" | 2' 2" | 1'53" | 1'46" | 1'40" | 1'37" | 1'36" | 85th |
| 80th | 2'15" | 2'11" | 2' 5" | 1'55" | 1'48" | 1'42" | 1'39" | 1'38" | 80th |
| 75th | 2'18" | 2'14" | 2' 9" | 1'59" | 1'51" | 1'44" | 1'40" | 1'40" | 75th |
| 70th | 2'20" | 2'16" | 2'11" | 2' 1" | 1'53" | 1'46" | 1'43" | 1'42" | 70th |
| 65th | 2'23" | 2'19" | 2'13" | 2' 3" | 1'55" | 1'47" | 1'45" | 1'44" | 65th |
| 60th | 2'26" | 2'21" | 2'15" | 2' 5" | 1'57" | 1'49" | 1'47" | 1'45" | 60th |
| 55th | 2'30" | 2'24" | 2'18" | 2' 7" | 1'59" | 1'51" | 1'49" | 1'48" | 55th |
| 50th | 2'33" | 2'27" | 2'21" | 2'10" | 2' 1" | 1'54" | 1'51" | 1'50" | 50th |
| 45th | 2'36" | 2'30" | 2'24" | 2'12" | 2' 3" | 1'55" | 1'53" | 1'52" | 45th |
| 40th | 2'40" | 2'33" | 2'26" | 2'15" | 2' 5" | 1'58" | 1'56" | 1'54" | 40th |
| 35th | 2'43" | 2'36" | 2'30" | 2'17" | 2' 9" | 2' 0" | 1'58" | 1'57" | 35th |
| 30th | 2'45" | 2'39" | 2'34" | 2'22" | 2'11" | 2' 3" | 2' 1" | 2' 0" | 30th |
| 25th | 2'49" | 2'42" | 2'39" | 2'25" | 2'14" | 2' 7" | 2' 5" | 2' 4" | 25th |
| 20th | 2'55" | 2'48" | 2'47" | 2'30" | 2'19" | 2'13" | 2' 9" | 2' 9" | 20th |
| 15th | 3' 1" | 2'55" | 2'57" | 2'35" | 2'25" | 2'20" | 2'14" | 2'16" | 15th |
| 10th | 3' 8" | 3' 9" | 3' 8" | 2'45" | 2'33" | 2'32" | 2'22" | 2'26" | 10th |
| 5th | 3'23" | 3'30" | 3'32" | 3' 3" | 2'47" | 2'50" | 2'37" | 2'40" | 5th |
| 0 | 4'58" | 5' 6" | 4'55" | 5'14" | 5'10" | 4'10" | 4' 9" | 4'45" | 0 |

## TABLE 12A. 9-MINUTE/1-MILE RUN FOR BOYS

**Percentile Scores Based on Age / Test Scores in Yards/Time**

| Percentile | 9-Minute Run Boys — Age 10 (Yards) | 9-Minute Run Boys — Age 11 (Yards) | 9-Minute Run Boys — Age 12 (Yards) | 1-Mile Run Boys — Age 10 (Time) | 1-Mile Run Boys — Age 11 (Time) | 1-Mile Run Boys — Age 12 (Time) | Percentile |
|---|---|---|---|---|---|---|---|
| 100th | 2532 | 2535 | 2578 | 5:07 | 4:44 | 4:21 | 100th |
| 95th | 2294 | 2356 | 2418 | 5:55 | 5:32 | 5:09 | 95th |
| 90th | 2166 | 2228 | 2290 | 6:38 | 6:15 | 5:52 | 90th |
| 85th | 2081 | 2143 | 2205 | 7:06 | 6:43 | 6:20 | 85th |
| 80th | 2011 | 2073 | 2135 | 7:29 | 7:03 | 6:40 | 80th |
| 75th | 1952 | 2014 | 2076 | 7:49 | 7:26 | 7:03 | 75th |
| 70th | 1902 | 1964 | 2026 | 8:05 | 7:42 | 7:19 | 70th |
| 65th | 1853 | 1915 | 1977 | 8:22 | 7:59 | 7:36 | 65th |
| 60th | 1804 | 1866 | 1928 | 8:38 | 8:15 | 7:52 | 60th |
| 55th | 1762 | 1824 | 1886 | 8:52 | 8:29 | 8:06 | 55th |
| 50th | 1717 | 1779 | 1841 | 9:07 | 8:44 | 8:21 | 50th |
| 45th | 1672 | 1734 | 1796 | 9:22 | 8:59 | 8:36 | 45th |
| 40th | 1630 | 1692 | 1754 | 9:32 | 9:13 | 8:50 | 40th |
| 35th | 1581 | 1647 | 1705 | 9:52 | 9:29 | 9:06 | 35th |
| 30th | 1532 | 1594 | 1656 | 10:09 | 9:46 | 9:23 | 30th |
| 25th | 1482 | 1544 | 1606 | 10:25 | 10:02 | 9:39 | 25th |
| 20th | 1423 | 1485 | 1547 | 10:35 | 10:22 | 9:59 | 20th |
| 15th | 1353 | 1415 | 1477 | 11:08 | 10:45 | 10:22 | 15th |
| 10th | 1268 | 1330 | 1392 | 11:36 | 11:13 | 10:50 | 10th |
| 5th | 1140 | 1202 | 1264 | 12:19 | 11:56 | 11:33 | 5th |
| 0 | 901 | 924 | 927 | 14:07 | 13:44 | 13:21 | 0 |

## TABLE 12B. 12-MINUTE/1½-MILE RUN FOR BOYS, AGE 13 AND OLDER

Percentile Scores Based on Age / Test Scores in Yards/Time

| Percentile | 12-Minute Run Yards | 1.5 Mile Run Time | Percentile |
|---|---|---|---|
| 100th | 3590 | 7:26 | 100th |
| 95th | 3297 | 8:37 | 95th |
| 90th | 3140 | 9:15 | 90th |
| 85th | 3037 | 9:40 | 85th |
| 80th | 2952 | 10:01 | 80th |
| 75th | 2879 | 10:19 | 75th |
| 70th | 2819 | 10:34 | 70th |
| 65th | 2759 | 10:48 | 65th |
| 60th | 2699 | 11:02 | 60th |
| 55th | 2648 | 11:15 | 55th |
| 50th | 2592 | 11:29 | 50th |
| 45th | 2536 | 11:42 | 45th |
| 40th | 2485 | 11:55 | 40th |
| 35th | 2425 | 12:10 | 35th |
| 30th | 2365 | 12:24 | 30th |
| 25th | 2305 | 12:39 | 25th |
| 20th | 2232 | 12:56 | 20th |
| 15th | 2147 | 13:17 | 15th |
| 10th | 2044 | 13:42 | 10th |
| 5th | 1888 | 14:20 | 5th |
| 0 | 1594 | 15:32 | 0 |

## TABLE 13. CLASSIFICATION INDEX FOR BOYS AND GIRLS

### Grades 5, 6, 7, 8, 9

| Exponent | Age (Months) | Height (Inches) | Weight (Pounds) | Sum of Exponents | Class |
|---|---|---|---|---|---|
| 1 | 120-125 | 50-51 | 60-65 | 0-9 | A |
| 2 | 126-131 | 52-53 | 66-70 | 10-14 | B |
| 3 | 132-137 | | 71-75 | 15-19 | C |
| 4 | 138-143 | 54-55 | 76-80 | 20-24 | D |
| 5 | 144-149 | | 81-85 | 25-29 | E |
| 6 | 150-155 | 56-57 | 86-90 | 30-34 | F |
| 7 | 156-161 | | 91-95 | 35-38 | G |
| 8 | 162-167 | 58-59 | 96-100 | 39-above | H |
| 9 | 168-173 | | 101-105 | | |
| 10 | 174-179 | 60-61 | 106-110 | | |
| 11 | 180-185 | | 111-115 | | |
| 12 | 186-191 | 62-63 | 116-120 | | |
| 13 | 192-197 | | 121-125 | | |
| 14 | 198-203 | 64-65 | 126-130 | | |
| 15 | 204-209 | 66-67 | 131-133 | | |
| 16 | 210-215 | 68 | 134-136 | | |
| 17 | 216- | 69 | 137 | | |

## TABLE 14. CLASSIFICATION INDEX FOR BOYS *

### Grades 10, 11, 12

| Exponent | Age (Months) | Height (Inches) | Weight (Pounds) | Sum of Exponents | Class |
|---|---|---|---|---|---|
| 9 | | | 53-59 | 88 and over | A |
| 10 | | | 60-65 | 83-87 | B |
| 11 | | | 66-71 | 82 and below | C |
| 12 | | | 72-78 | | |
| 13 | | | 79-84 | | |
| 14 | | | 85-90 | | |
| 15 | | | 91-96 | | |
| 16 | | | 97-103 | | |
| 17 | | | 104-109 | | |
| 18 | | | 110-115 | | |
| 19 | | | 116-121 | | |
| 20 | | | 122-128 | | |
| 21 | | | 129-134 | | |
| 22 | | 0-47 | 135-140 | | |
| 23 | | 47.5-49 | 141-146 | | |
| 24 | | 49.5-51.5 | 147-153 | | |
| 25 | | 52-53.5 | 154-159 | | |
| 26 | | 54-55.5 | 160-165 | | |
| 27 | 159-164 | 56-57.5 | 166-171 | | |
| 28 | 165-170 | 58-59.5 | 172-178 | | |
| 29 | 171-176 | 60-62 | 179-184 | | |
| 30 | 177-182 | 62.5-64 | 185-190 | | |
| 31 | 183-188 | 64.5-66 | 191- | | |
| 32 | 189-194 | 66.5-68 | | | |
| 33 | 195-200 | 68.5-70.5 | | | |
| 34 | 201-206 | 71-72.5 | | | |
| 35 | 207-212 | 73-74.5 | | | |
| 36 | 213-218 | 75- | | | |
| 37 | 219-224 | | | | |
| 38 | 225-230 | | | | |

* For girls in grades 10, 11, and 12, see Tables 17-23, column HSG.

## TABLE 15. FLEXED-ARM HANG FOR GIRLS

**Percentile Scores Based on Classification Index / Test Scores in Seconds**

| Percentile | Classification Index | | | | | | | | | Percentile |
|---|---|---|---|---|---|---|---|---|---|---|
| | A | B | C | D | E | F | G | H | HSG | |
| 100th | 72 | 70 | 80 | 64 | 61 | 61 | 64 | 40 | 76 | 100th |
| 95th | 39 | 35 | 35 | 28 | 31 | 30 | 17 | 17 | 34 | 95th |
| 90th | 29 | 27 | 27 | 22 | 23 | 21 | 13 | 14 | 25 | 90th |
| 85th | 24 | 22 | 23 | 18 | 20 | 18 | 11 | 11 | 20 | 85th |
| 80th | 21 | 19 | 20 | 15 | 17 | 14 | 11 | 9 | 17 | 80th |
| 75th | 18 | 17 | 18 | 13 | 14 | 13 | 9 | 7 | 14 | 75th |
| 70th | 16 | 15 | 16 | 11 | 12 | 11 | 8 | 6 | 13 | 70th |
| 65th | 14 | 13 | 14 | 10 | 11 | 10 | 7 | 5 | 11 | 65th |
| 60th | 12 | 11 | 12 | 9 | 9 | 9 | 6 | 4 | 10 | 60th |
| 55th | 11 | 10 | 10 | 8 | 8 | 8 | 5 | 3 | 8 | 55th |
| 50th | 10 | 8 | 9 | 7 | 7 | 7 | 4 | 2 | 8 | 50th |
| 45th | 9 | 7 | 8 | 6 | 6 | 6 | 3 | 2 | 6 | 45th |
| 40th | 8 | 6 | 7 | 6 | 5 | 5 | 2 | 1 | 6 | 40th |
| 35th | 7 | 6 | 6 | 5 | 4 | 4 | 2 | 1 | 4 | 35th |
| 30th | 6 | 5 | 5 | 4 | 3 | 3 | 1 | 1 | 4 | 30th |
| 25th | 5 | 4 | 4 | 3 | 3 | 2 | 0 | 0 | 2 | 25th |
| 20th | 4 | 4 | 3 | 2 | 2 | 1 | 0 | 0 | 2 | 20th |
| 15th | 3 | 2 | 2 | 1 | 1 | 0 | 0 | 0 | 1 | 15th |
| 10th | 2 | 2 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 10th |
| 5th | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5th |
| 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

## TABLE 16. SHUTTLE RUN FOR GIRLS

**Percentile Scores Based on Classification Index / Test Scores in Seconds and Tenths**

| Percentile | Classification Index | | | | | | | | | Percentile |
|---|---|---|---|---|---|---|---|---|---|---|
| | A | B | C | D | E | F | G | H | HSG | |
| 100th | 8.5 | 8.8 | 9.0 | 8.9 | 9.0 | 9.0 | 8.3 | 9.3 | 8.0 | 100th |
| 95th | 9.5 | 10.0 | 10.0 | 9.9 | 10.0 | 10.0 | 10.1 | 10.1 | 10.0 | 95th |
| 90th | 10.2 | 10.5 | 10.2 | 10.2 | 10.2 | 10.2 | 10.3 | 10.5 | 10.2 | 90th |
| 85th | 10.7 | 10.8 | 10.5 | 10.5 | 10.5 | 10.5 | 10.5 | 10.6 | 10.4 | 85th |
| 80th | 11.0 | 11.0 | 10.8 | 10.8 | 10.6 | 10.5 | 10.6 | 10.8 | 10.6 | 80th |
| 75th | 11.0 | 11.0 | 11.0 | 11.0 | 10.8 | 10.7 | 10.8 | 10.9 | 10.8 | 75th |
| 70th | 11.1 | 11.2 | 11.0 | 11.0 | 11.0 | 10.9 | 11.0 | 11.0 | 10.9 | 70th |
| 65th | 11.3 | 11.4 | 11.2 | 11.1 | 11.0 | 11.0 | 11.0 | 11.1 | 11.0 | 65th |
| 60th | 11.5 | 11.6 | 11.4 | 11.3 | 11.1 | 11.0 | 11.2 | 11.3 | 11.0 | 60th |
| 55th | 11.6 | 11.7 | 11.5 | 11.4 | 11.3 | 11.2 | 11.3 | 11.5 | 11.1 | 55th |
| 50th | 11.8 | 11.8 | 11.5 | 11.6 | 11.5 | 11.4 | 11.5 | 11.6 | 11.3 | 50th |
| 45th | 12.0 | 11.9 | 11.7 | 11.8 | 11.7 | 11.5 | 11.7 | 11.8 | 11.4 | 45th |
| 40th | 12.0 | 12.0 | 11.9 | 12.0 | 12.0 | 11.7 | 11.8 | 12.0 | 11.5 | 40th |
| 35th | 12.2 | 12.0 | 12.0 | 12.0 | 12.0 | 11.9 | 12.0 | 12.2 | 11.7 | 35th |
| 30th | 12.5 | 12.2 | 12.0 | 12.1 | 12.1 | 12.0 | 12.0 | 12.4 | 11.8 | 30th |
| 25th | 12.6 | 12.4 | 12.2 | 12.3 | 12.3 | 12.2 | 12.3 | 12.5 | 12.0 | 25th |
| 20th | 12.9 | 12.5 | 12.5 | 12.6 | 12.5 | 12.5 | 12.5 | 13.0 | 12.1 | 20th |
| 15th | 13.0 | 12.9 | 12.7 | 12.9 | 12.9 | 13.0 | 12.9 | 13.0 | 12.5 | 15th |
| 10th | 13.5 | 13.1 | 13.0 | 13.3 | 13.2 | 13.5 | 13.3 | 13.5 | 13.0 | 10th |
| 5th | 14.4 | 14.0 | 13.8 | 14.0 | 14.0 | 14.0 | 14.0 | 14.0 | 13.6 | 5th |
| 0 | 16.2 | 19.8 | 17.0 | 16.0 | 17.6 | 18.5 | 17.0 | 17.3 | 20.0 | 0 |

# TABLE 17. STANDING BROAD JUMP FOR GIRLS

Percentile Scores Based on Classification Index / Test Scores in Feet and Inches

| Percentile | Classification Index | | | | | | | | | Percentile |
|---|---|---|---|---|---|---|---|---|---|---|
| | A | B | C | D | E | F | G | H | HSG | |
| 100th | 7' 0" | 7'10" | 7'10" | 7' 0" | 7'10" | 8' 2" | 7' 4" | 7' 4" | 7' 8" | 100th |
| 95th | 5' 8" | 6' 0" | 6' 2" | 6' 1" | 6' 4" | 6' 3" | 6' 3" | 6' 5" | 6' 7" | 95th |
| 90th | 5' 5" | 5' 8" | 5'11" | 5'11" | 6' 0" | 6' 1" | 6' 0" | 6' 2" | 6' 4" | 90th |
| 85th | 5' 3" | 5' 6" | 5' 8" | 5' 8" | 5'10" | 5'11" | 5' 9" | 5'11" | 6' 1" | 85th |
| 80th | 5' 2" | 5' 4" | 5' 7" | 5' 7" | 5' 8" | 5' 9" | 5' 7" | 5' 8" | 6' 0" | 80th |
| 75th | 5' 1" | 5' 3" | 5' 5" | 5' 5" | 5' 7" | 5' 7" | 5' 6" | 5' 7" | 5'10" | 75th |
| 70th | 5' 0" | 5' 2" | 5' 4" | 5' 4" | 5' 6" | 5' 6" | 5' 5" | 5' 6" | 5' 9" | 70th |
| 65th | 4'11" | 5' 1" | 5' 2" | 5' 3" | 5' 4" | 5' 4" | 5' 4" | 5' 4" | 5' 8" | 65th |
| 60th | 4' 9" | 5' 0" | 5' 1" | 5' 2" | 5' 2" | 5' 3" | 5' 3" | 5' 3" | 5' 7" | 60th |
| 55th | 4' 8" | 4'11" | 5' 0" | 5' 1" | 5' 1" | 5' 2" | 5' 2" | 5' 1" | 5' 6" | 55th |
| 50th | 4' 7" | 4'10" | 4'11" | 5' 0" | 5' 0" | 5' 1" | 5' 0" | 5' 0" | 5' 4" | 50th |
| 45th | 4' 6" | 4' 8" | 4'10" | 4'11" | 4'11" | 5' 0" | 5' 0" | 4' 9" | 5' 3" | 45th |
| 40th | 4' 5" | 4' 7" | 4' 9" | 4' 9" | 4'10" | 4'11" | 4'10" | 4' 9" | 5' 2" | 40th |
| 35tn | 4' 4" | 4' 6" | 4' 8" | 4' 8" | 4' 8" | 4' 9" | 4' 9" | 4' 8" | 5' 0" | 35tn |
| 30th | 4' 4" | 4' 5" | 4' 6" | 4' 7" | 4' 7" | 4' 7" | 4' 7" | 4' 6" | 4'11" | 30th |
| 25th | 4' 2" | 4' 4" | 4' 5" | 4' 5" | 4' 6" | 4' 6" | 4' 6" | 4' 5" | 4'10" | 25th |
| 20th | 4' 0" | 4' 2" | 4' 3" | 4' 4" | 4' 4" | 4' 4" | 4' 5" | 4' 4" | 4' 8" | 20th |
| 15th | 3'10" | 4' 0" | 4' 2" | 4' 2" | 4' 2" | 4' 2" | 4' 2" | 4' 2" | 4' 6" | 15th |
| 10th | 3' 9" | 3'11" | 4' 0" | 4' 0" | 4' 0" | 4' 0" | 4' 0" | 4' 0" | 4' 4" | 10th |
| 5th | 3' 6" | 3' 7" | 3' 7" | 3'11" | 3' 8" | 3' 9" | 3' 9" | 3' 7" | 4' 0" | 5th |
| 0 | 3' 1" | 2' 8" | 3' 0" | 2'11" | 2'11" | 2'11" | 3' 1" | 2'11" | 3' 0" | 0 |

## TABLE 18. 50-YARD DASH FOR GIRLS

**Percentile Scores Based on Classification Index / Test Scores in Seconds and Tenths**

| Percentile | Classification Index | | | | | | | | | Percentile |
|---|---|---|---|---|---|---|---|---|---|---|
| | A | B | C | D | E | F | G | H | HSG | |
| 100th | 6.5 | 6.0 | 6.0 | 6.0 | 6.0 | 5.9 | 6.0 | 6.0 | 6.0 | 100th |
| 95th | 7.0 | 7.0 | 7.0 | 7.2 | 7.0 | 7.0 | 7.3 | 7.2 | 7.0 | 95th |
| 90th | 7.4 | 7.5 | 7.3 | 7.4 | 7.2 | 7.2 | 7.5 | 7.4 | 7.2 | 90th |
| 85th | 7.6 | 7.6 | 7.5 | 7.6 | 7.5 | 7.4 | 7.6 | 7.5 | 7.4 | 85th |
| 80th | 7.8 | 7.8 | 7.7 | 7.7 | 7.6 | 7.5 | 7.8 | 7.6 | 7.6 | 80th |
| 75th | 8.0 | 7.9 | 7.8 | 7.9 | 7.7 | 7.6 | 7.8 | 7.8 | 7.7 | 75th |
| 70th | 8.0 | 8.0 | 7.9 | 7.9 | 7.8 | 7.8 | 7.9 | 7.9 | 7.8 | 70th |
| 65th | 8.2 | 8.0 | 8.0 | 8.0 | 7.9 | 7.9 | 8.0 | 8.0 | 7.9 | 65th |
| 60th | 8.3 | 8.2 | 8.0 | 8.0 | 8.0 | 7.9 | 8.0 | 8.1 | 8.0 | 60th |
| 55th | 8.5 | 8.3 | 8.2 | 8.1 | 8.1 | 8.0 | 8.1 | 8.2 | 8.0 | 55th |
| 50th | 8.5 | 8.4 | 8.3 | 8.2 | 8.2 | 8.1 | 8.3 | 8.2 | 8.1 | 50th |
| 45th | 8.7 | 8.5 | 8.4 | 8.3 | 8.3 | 8.3 | 8.4 | 8.4 | 8.3 | 45th |
| 40th | 8.8 | 8.6 | 8.5 | 8.4 | 8.4 | 8.4 | 8.4 | 8.5 | 8.4 | 40th |
| 35th | 9.0 | 8.8 | 8.6 | 8.5 | 8.5 | 8.5 | 8.6 | 8.6 | 8.5 | 35th |
| 30th | 9.0 | 8.9 | 8.8 | 8.7 | 8.6 | 8.7 | 8.8 | 8.8 | 8.7 | 30th |
| 25th | 9.0 | 9.0 | 9.0 | 8.9 | 8.8 | 8.9 | 9.0 | 9.0 | 8.9 | 25th |
| 20th | 9.2 | 9.1 | 9.1 | 9.0 | 9.0 | 9.0 | 9.1 | 9.2 | 9.0 | 20th |
| 15th | 9.6 | 9.2 | 9.2 | 9.1 | 9.2 | 9.4 | 9.3 | 9.4 | 9.1 | 15th |
| 10th | 10.0 | 9.5 | 9.5 | 9.5 | 9.5 | 9.7 | 9.7 | 9.6 | 9.5 | 10th |
| 5th | 10.0 | 10.0 | 9.8 | 10.0 | 10.0 | 10.5 | 10.4 | 10.0 | 10.3 | 5th |
| 0 | 11.5 | 11.6 | 11.3 | 12.0 | 14.0 | 15.7 | 13.0 | 11.0 | 18.0 | 0 |

## TABLE 19. 600-YARD RUN-WALK FOR GIRLS

**Percentile Scores Based on Classification Index / Test Scores in Minutes and Seconds**

| Percentile | Classification Index | | | | | | | | | Percentile |
|---|---|---|---|---|---|---|---|---|---|---|
| | A | B | C | D | E | F | G | H | HSG | |
| 100th | 1'46" | 1'42" | 1'46" | 1'39" | 1'40" | 1'50" | 1'55" | 2' 4" | 1'45" | 100th |
| 95th | 2' 4" | 2'10" | 2'11" | 2'10" | 2'11" | 2'13" | 2'13" | 2'19" | 2'10" | 95th |
| 90th | 2'15" | 2'16" | 2'17" | 2'17" | 2'19" | 2'18" | 2'22" | 2'25" | 2'18" | 90th |
| 85th | 2'22" | 2'22" | 2'22" | 2'23" | 2'24" | 2'25" | 2'25" | 2'30" | 2'24" | 85th |
| 80th | 2'25" | 2'26" | 2'26" | 2'26" | 2'27" | 2'29" | 2'30" | 2'33" | 2'27" | 80th |
| 75th | 2'30" | 2'30" | 2'29" | 2'30" | 2'32" | 2'33" | 2'35" | 2'38" | 2'32" | 75th |
| 70th | 2'34" | 2'33" | 2'32" | 2'33" | 2'36" | 2'37" | 2'40" | 2'41" | 2'35" | 70th |
| 65th | 2'36" | 2'36" | 2'36" | 2'37" | 2'40" | 2'40" | 2'44" | 2'46" | 2'38" | 65th |
| 60th | 2'41" | 2'39" | 2'39" | 2'40" | 2'43" | 2'43" | 2'47" | 2'50" | 2'42" | 60th |
| 55th | 2'45" | 2'43" | 2'43" | 2'45" | 2'46" | 2'47" | 2'50" | 2'55" | 2'45" | 55th |
| 50th | 2'47" | 2'47" | 2'45" | 2'48" | 2'50" | 2'50" | 2'54" | 2'59" | 2'48" | 50th |
| 45th | 2'51" | 2'49" | 2'49" | 2'51" | 2'55" | 2'55" | 2'59" | 3' 4" | 2'52" | 45th |
| 40th | 2'56" | 2'51" | 2'53" | 2'55" | 3' 0" | 2'59" | 3' 3" | 3'10" | 2'55" | 40th |
| 35th | 3' 0" | 2'55" | 2'59" | 3' 0" | 3' 2" | 3' 2" | 3' 6" | 3'13" | 3' 0" | 35th |
| 30th | 3' 5" | 3' 1" | 3' 3" | 3' 7" | 3' 6" | 3' 9" | 3'12" | 3'16" | 3' 3" | 30th |
| 25th | 3' 9" | 3' 7" | 3'11" | 3'11" | 3'12" | 3'13" | 3'17" | 3'21" | 3' 9" | 25th |
| 20th | 3'13" | 3'13" | 3'18" | 3'16" | 3'17" | 3'18" | 3'25" | 3'29" | 3'15" | 20th |
| 15th | 3'18" | 3'20" | 3'25" | 3'24" | 3'25" | 3'26" | 3'43" | 3'39" | 3'24" | 15th |
| 10th | 3'30" | 3'30" | 3'40" | 3'38" | 3'45" | 3'40" | 3'52" | 3'48" | 3'35" | 10th |
| 5th | 3'45" | 3'49" | 3'59" | 3'59" | 4' 4" | 4' 0" | 4' 7" | 4'11" | 3'56" | 5th |
| 0 | 4'30" | 4'47" | 5' 0" | 4'53" | 5'10" | 5'10" | 5'50" | 5'30" | 6'40" | 0 |

## TABLE 20. PULL-UP FOR ELEMENTARY AND JUNIOR HIGH SCHOOL BOYS

Percentile Scores Based on Classification Index / Test Scores in Number of Pull-Ups

| Percentile | Classification Index | | | | | | | | Percentile |
|---|---|---|---|---|---|---|---|---|---|
| | A | B | C | D | E | F | G | H | |
| 100th | 16 | 20 | 16 | 15 | 18 | 20 | 17 | 24 | 100th |
| 95th | 10 | 8 | 8 | 9 | 9 | 11 | 12 | 12 | 95th |
| 90th | 8 | 7 | 7 | 7 | 8 | 9 | 10 | 10 | 90th |
| 85th | 7 | 6 | 6 | 6 | 6 | 8 | 10 | 10 | 85th |
| 80th | 6 | 6 | 5 | 5 | 5 | 7 | 8 | 9 | 80th |
| 75th | 6 | 5 | 4 | 5 | 5 | 6 | 7 | 8 | 75th |
| 70th | 5 | 5 | 4 | 4 | 4 | 6 | 6 | 7 | 70th |
| 65th | 5 | 4 | 3 | 4 | 3 | 5 | 5 | 7 | 65th |
| 60th | 4 | 4 | 3 | 3 | 3 | 4 | 5 | 6 | 60th |
| 55th | 4 | 3 | 3 | 3 | 2 | 4 | 4 | 6 | 55th |
| 50th | 3 | 3 | 2 | 2 | 2 | 3 | 4 | 5 | 50th |
| 45th | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 5 | 45th |
| 40th | 3 | 2 | 1 | 1 | 1 | 2 | 2 | 4 | 40th |
| 35th | 2 | 2 | 1 | 1 | 1 | 2 | 2 | 3 | 35th |
| 30th | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 3 | 30th |
| 25th | 1 | 1 | 0 | 0 | 0 | 1 | 1 | 2 | 25th |
| 20th | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 1 | 20th |
| 15th | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 1 | 15th |
| 10th | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 10th |
| 5th | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 5th |
| 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

# TABLE 21. SHUTTLE RUN FOR ELEMENTARY AND JUNIOR HIGH SCHOOL BOYS

Percentile Scores Based on Classification Index / Test Scores in Seconds and Tenths

| Percentile | Classification Index | | | | | | | | Percentile |
|---|---|---|---|---|---|---|---|---|---|
| | A | B | C | D | E | F | G | H | |
| 100th | 9.0 | 9.0 | 8.0 | 9.0 | 8.5 | 8.5 | 9.0 | 8.3 | 100th |
| 95th | 10.0 | 10.0 | 9.9 | 9.8 | 9.8 | 9.4 | 9.5 | 9.1 | 95th |
| 90th | 10.2 | 10.1 | 10.0 | 10.0 | 10.0 | 9.6 | 9.6 | 9.4 | 90th |
| 85th | 10.3 | 10.3 | 10.1 | 10.0 | 10.0 | 9.8 | 9.8 | 9.5 | 85th |
| 80th | 10.5 | 10.5 | 10.4 | 10.2 | 10.1 | 10.0 | 9.9 | 9.6 | 80th |
| 75th | 10.7 | 10.6 | 10.5 | 10.3 | 10.2 | 10.0 | 10.0 | 9.7 | 75th |
| 70th | 10.9 | 10.7 | 10.6 | 10.5 | 10.4 | 10.1 | 10.1 | 9.8 | 70th |
| 65th | 11.0 | 10.8 | 10.7 | 10.6 | 10.5 | 10.3 | 10.2 | 9.9 | 65th |
| 60th | 11.0 | 10.9 | 10.9 | 10.8 | 10.6 | 10.4 | 10.3 | 10.0 | 60th |
| 55th | 11.0 | 11.0 | 11.0 | 10.9 | 10.8 | 10.5 | 10.4 | 10.1 | 55th |
| 50th | 11.2 | 11.0 | 11.0 | 11.0 | 10.9 | 10.5 | 10.5 | 10.2 | 50th |
| 45th | 11.2 | 11.1 | 11.2 | 11.0 | 11.0 | 10.7 | 10.6 | 10.3 | 45th |
| 40th | 11.4 | 11.4 | 11.3 | 11.1 | 11.0 | 10.8 | 10.8 | 10.4 | 40th |
| 35th | 11.5 | 11.5 | 11.5 | 11.3 | 11.2 | 11.0 | 10.9 | 10.5 | 35th |
| 30th | 11.6 | 11.8 | 11.6 | 11.4 | 11.4 | 11.1 | 11.0 | 10.6 | 30th |
| 25th | 11.8 | 12.0 | 11.8 | 11.5 | 11.5 | 11.2 | 11.3 | 10.8 | 25th |
| 20th | 12.0 | 12.0 | 12.0 | 11.7 | 11.7 | 11.5 | 11.6 | 11.0 | 20th |
| 15th | 12.2 | 12.2 | 12.0 | 12.0 | 12.0 | 11.8 | 11.8 | 11.3 | 15th |
| 10th | 12.6 | 12.5 | 12.2 | 12.3 | 12.2 | 12.0 | 12.0 | 11.7 | 10th |
| 5th | 13.2 | 13.0 | 13.0 | 12.8 | 12.6 | 12.6 | 12.8 | 12.1 | 5th |
| 0 | 15.0 | 20.0 | 15.7 | 13.0 | 14.3 | 14.5 | 22.0 | 16.0 | 0 |

## TABLE 22. STANDING BROAD JUMP FOR ELEMENTARY AND JUNIOR HIGH SCHOOL BOYS

Percentile Scores Based on Classification Index / Test Scores in Feet and Inches

| Percentile | Classification Index | | | | | | | | Percentile |
|---|---|---|---|---|---|---|---|---|---|
| | A | B | C | D | E | F | G | H | |
| 100th | 6' 8" | 6'10" | 7' 2" | 10' 0" | 7' 9" | 8'10" | 8' 8" | 8' 9" | 100th |
| 95th | 6' 0" | 6' 2" | 6' 4" | 6' 7" | 6' 9" | 7' 2" | 7' 6" | 7'11" | 95th |
| 90th | 5'10" | 5'11" | 6' 2" | 6' 3" | 6' 6" | 6'11" | 7' 2" | 7' 7" | 90th |
| 85th | 5' 8" | 5'10" | 6' 0" | 6' 2" | 6' 4" | 6' 9" | 7' 0" | 7' 6" | 85th |
| 80th | 5' 7" | 5' 9" | 5' 9" | 6' 0" | 6' 2" | 6' 8" | 6'11" | 7' 4" | 80th |
| 75th | 5' 6" | 5' 7" | 5' 9" | 5'11" | 6' 0" | 6' 6" | 6' 9" | 7' 3" | 75th |
| 70th | 5' 5" | 5' 6" | 5' 7" | 5'10" | 6' 0" | 6' 4" | 6' 8" | 7' 1" | 70th |
| 65th | 5' 4" | 5' 6" | 5' 6" | 5' 9" | 5'10" | 6' 3" | 6' 5" | 6'11" | 65th |
| 60th | 5' 2" | 5' 4" | 5' 5" | 5' 8" | 5' 9" | 6' 1" | 6' 4" | 6'10" | 60th |
| 55th | 5' 2" | 5' 3" | 5' 4" | 5' 6" | 5' 8" | 6' 0" | 6' 2" | 6' 8" | 55th |
| 50th | 5' 1" | 5' 2" | 5' 3" | 5' 6" | 5' 6" | 5'11" | 6' 1" | 6' 7" | 50th |
| 45th | 5' 0" | 5' 1" | 5' 2" | 5' 5" | 5' 6" | 5'10" | 5'11" | 6' 6" | 45th |
| 40th | 4'11" | 5' 0" | 5' 1" | 5' 4" | 5' 4" | 5' 8" | 5'10" | 6' 5" | 40th |
| 35th | 4'10" | 4'11" | 5' 0" | 5' 2" | 5' 3" | 5' 6" | 5' 9" | 6' 3" | 35th |
| 30th | 4' 8" | 4'10" | 4'11" | 5' 1" | 5' 1" | 5' 5" | 5' 7" | 6' 1" | 30th |
| 25th | 4' 7" | 4' 8" | 4'10" | 5' 0" | 5' 0" | 5' 3" | 5' 5" | 5'11" | 25th |
| 20th | 4' 6" | 4' 7" | 4' 9" | 4'10" | 4'10" | 5' 1" | 5' 2" | 5' 9" | 20th |
| 15th | 4' 4" | 4' 5" | 4' 6" | 4' 8" | 4' 8" | 4'11" | 4'11" | 5' 5" | 15th |
| 10th | 4' 3" | 4' 3" | 4' 4" | 4' 5" | 4' 6" | 4' 7" | 4' 6" | 5' 2" | 10th |
| 5th | 4' 0" | 4' 0" | 4' 1" | 4' 2" | 4' 3" | 4' 3" | 4' 2" | 4'10" | 5th |
| 0 | 3' 0" | 3' 0" | 2' 2" | 2'10" | 2'10" | 1' 8" | 2' 2" | 3' 2" | 0 |

# TABLE 23. 50-YARD DASH FOR ELEMENTARY AND JUNIOR HIGH SCHOOL BOYS

**Percentile Scores Based on Classification Index / Test Scores in Seconds and Tenths**

| Percentile | Classification Index | | | | | | | | Percentile |
|---|---|---|---|---|---|---|---|---|---|
| | A | B | C | D | E | F | G | H | |
| 100th | 6.8 | 6.0 | 6.0 | 6.0 | 5.8 | 5.9 | 5.8 | 5.8 | 100th |
| 95th | 7.2 | 7.0 | 7.0 | 6.8 | 6.7 | 6.5 | 6.4 | 6.1 | 95th |
| 90th | 7.4 | 7.2 | 7.1 | 7.0 | 6.9 | 6.7 | 6.8 | 6.3 | 90th |
| 85th | 7.6 | 7.4 | 7.2 | 7.0 | 7.0 | 6.9 | 6.7 | 6.4 | 85th |
| 80th | 7.7 | 7.5 | 7.4 | 7.2 | 7.1 | 7.0 | 6.9 | 6.5 | 80th |
| 75th | 7.8 | 7.6 | 7.5 | 7.3 | 7.2 | 7.0 | 6.9 | 6.6 | 75th |
| 70th | 7.9 | 7.7 | 7.5 | 7.4 | 7.3 | 7.1 | 7.0 | 6.6 | 70th |
| 65th | 8.0 | 7.8 | 7.7 | 7.5 | 7.4 | 7.2 | 7.0 | 6.7 | 65th |
| 60th | 8.0 | 7.9 | 7.8 | 7.6 | 7.5 | 7.3 | 7.1 | 6.8 | 60th |
| 55th | 8.1 | 8.0 | 7.9 | 7.7 | 7.5 | 7.4 | 7.2 | 6.9 | 55th |
| 50th | 8.2 | 8.0 | 7.9 | 7.8 | 7.7 | 7.5 | 7.2 | 7.0 | 50th |
| 45th | 8.3 | 8.0 | 8.0 | 7.9 | 7.8 | 7.5 | 7.4 | 7.0 | 45th |
| 40th | 8.4 | 8.2 | 8.0 | 8.0 | 7.9 | 7.6 | 7.5 | 7.0 | 40th |
| 35th | 8.5 | 8.3 | 8.2 | 8.0 | 8.0 | 7.8 | 7.6 | 7.1 | 35th |
| 30th | 8.6 | 8.5 | 8.4 | 8.2 | 8.1 | 8.0 | 7.7 | 7.2 | 30th |
| 25th | 8.7 | 8.6 | 8.5 | 8.3 | 8.2 | 8.1 | 7.9 | 7.4 | 25th |
| 20th | 9.0 | 8.8 | 8.7 | 8.4 | 8.4 | 8.2 | 8.0 | 7.5 | 20th |
| 15th | 9.0 | 9.0 | 8.9 | 8.6 | 8.5 | 8.3 | 8.3 | 7.8 | 15th |
| 10th | 9.2 | 9.0 | 9.1 | 9.0 | 9.0 | 8.6 | 8.6 | 8.0 | 10th |
| 5th | 10.0 | 9.6 | 9.5 | 9.4 | 9.2 | 9.0 | 9.2 | 8.5 | 5th |
| 0 | 11.0 | 11.8 | 10.8 | 10.8 | 12.0 | 11.6 | 12.0 | 9.6 | 0 |

## TABLE 24. 600-YARD RUN-WALK FOR ELEMENTARY AND JUNIOR HIGH SCHOOL BOYS

**Percentile Scores Based on Classification Index / Test Scores in Minutes and Seconds**

| Percentile | Classification Index | | | | | | | | Percentile |
|---|---|---|---|---|---|---|---|---|---|
| | A | B | C | D | E | F | G | H | |
| 100th | 1'30" | 1'27" | 1'32" | 1'29" | 1'34" | 1'35" | 1'30" | 1'25" | 100th |
| 95th | 1'53" | 1'56" | 1'56" | 1'52" | 1'51" | 1'48" | 1'44" | 1'38" | 95th |
| 90th | 2' 0" | 2' 3" | 2' 2" | 1'59" | 1'57" | 1'51" | 1'46" | 1'42" | 90th |
| 85th | 2'10" | 2' 9" | 2' 6" | 2' 3" | 2' 0" | 1'54" | 1'50" | 1'44" | 85th |
| 80th | 2'12" | 2'11" | 2' 9" | 2' 6" | 2' 2" | 1'57" | 1'52" | 1'46" | 80th |
| 75th | 2'15" | 2'14" | 2'11" | 2'10" | 2' 5" | 1'59" | 1'54" | 1'48" | 75th |
| 70th | 2'19" | 2'16" | 2'13" | 2'12" | 2' 8" | 2' 2" | 1'56" | 1'51" | 70th |
| 65th | 2'22" | 2'19" | 2'16" | 2'14" | 2'11" | 2' 4" | 1'59" | 1'52" | 65th |
| 60th | 2'24" | 2'21" | 2'19" | 2'16" | 2'15" | 2' 5" | 2' 0" | 1'55" | 60th |
| 55th | 2'28" | 2'24" | 2'21" | 2'18" | 2'16" | 2' 8" | 2' 3" | 1'56" | 55th |
| 50th | 2'31" | 2'27" | 2'24" | 2'22" | 2'19" | 2'10" | 2' 5" | 1'59" | 50th |
| 45th | 2'34" | 2'30" | 2'28" | 2'24" | 2'22" | 2'12" | 2' 8" | 2' 1" | 45th |
| 40th | 2'36" | 2'34" | 2'31" | 2'27" | 2'26" | 2'15" | 2'11" | 2' 4" | 40th |
| 35th | 2'40" | 2'37" | 2'34" | 2'30" | 2'29" | 2'19" | 2'14" | 2' 8" | 35th |
| 30th | 2'42" | 2'41" | 2'38" | 2'35" | 2'32" | 2'23" | 2'18" | 2'12" | 30th |
| 25th | 2'45" | 2'44" | 2'41" | 2'40" | 2'36" | 2'27" | 2'24" | 2'16" | 25th |
| 20th | 2'49" | 2'53" | 2'45" | 2'46" | 2'43" | 2'32" | 2'30" | 2'23" | 20th |
| 15th | 2'54" | 3' 1" | 2'50" | 2'55" | 2'53" | 2'40" | 2'38" | 2'29" | 15th |
| 10th | 3' 1" | 3' 9" | 3' 2" | 3' 7" | 3' 3" | 2'55" | 2'56" | 2'41" | 10th |
| 5th | 3'21" | 3'33" | 3'14" | 3'30" | 3'21" | 3'21" | 3'15" | 3'11" | 5th |
| 0 | 4'16" | 5' 4" | 4'34" | 5' 5" | 5' 8" | 5' 0" | 4'25" | 5'14" | 0 |

## TABLE 25. PULL-UP FOR HIGH SCHOOL BOYS

**Percentile Scores Based on Classification Index / Test Scores in Number of Pull-Ups**

| Percentile | Classification Index | | | Percentile |
|---|---|---|---|---|
| | C | B | A | |
| 100th | 20 | 25 | 32 | 100th |
| 95th | 14 | 16 | 15 | 95th |
| 90th | 12 | 14 | 12 | 90th |
| 85th | 10 | 12 | 12 | 85th |
| 80th | 10 | 12 | 10 | 80th |
| 75th | 9 | 11 | 10 | 75th |
| 70th | 8 | 10 | 9 | 70th |
| 65th | 7 | 10 | 9 | 65th |
| 60th | 7 | 9 | 8 | 60th |
| 55th | 6 | 9 | 7 | 55th |
| 50th | 5 | 8 | 7 | 50th |
| 45th | 5 | 7 | 6 | 45th |
| 40th | 4 | 7 | 6 | 40th |
| 35th | 4 | 6 | 5 | 35th |
| 30th | 4 | 6 | 5 | 30th |
| 25th | 3 | 5 | 4 | 25th |
| 20th | 3 | 4 | 3 | 20th |
| 15th | 2 | 4 | 2 | 15th |
| 10th | 1 | 3 | 1 | 10th |
| 5th | 0 | 2 | 0 | 5th |
| 0 | 0 | 0 | 0 | 0 |

## TABLE 26. SHUTTLE RUN FOR HIGH SCHOOL BOYS

Percentile Scores Based on Classification Index / Test Scores in Seconds and Tenths

| Percentile | Classification Index | | | Percentile |
|---|---|---|---|---|
| | C | B | A | |
| 100th | 8.3 | 8.0 | 8.0 | 100th |
| 95th | 9.2 | 9.0 | 9.0 | 95th |
| 90th | 9.4 | 9.1 | 9.0 | 90th |
| 85th | 9.6 | 9.2 | 9.2 | 85th |
| 80th | 9.7 | 9.3 | 9.3 | 80th |
| 75th | 9.8 | 9.5 | 9.4 | 75th |
| 70th | 9.9 | 9.5 | 9.5 | 70th |
| 65th | 9.9 | 9.6 | 9.6 | 65th |
| 60th | 10.0 | 9.7 | 9.6 | 60th |
| 55th | 10.0 | 9.8 | 9.7 | 55th |
| 50th | 10.1 | 9.9 | 9.8 | 50th |
| 45th | 10.2 | 10.0 | 10.0 | 45th |
| 40th | 10.2 | 10.0 | 10.0 | 40th |
| 35th | 10.4 | 10.1 | 10.1 | 35th |
| 30th | 10.5 | 10.2 | 10.2 | 30th |
| 25th | 10.6 | 10.3 | 10.4 | 25th |
| 20th | 10.9 | 10.5 | 10.6 | 20th |
| 15th | 11.0 | 10.8 | 10.9 | 15th |
| 10th | 11.2 | 11.1 | 11.1 | 10th |
| 5th | 11.7 | 11.4 | 11.5 | 5th |
| 0 | 15.0 | 15.0 | 16.6 | 0 |

## TABLE 27. STANDING BROAD JUMP FOR HIGH SCHOOL BOYS

**Percentile Scores Based on Classification Index / Test Scores in Feet and Inches**

| Percentile | Classification Index | | | Percentile |
|---|---|---|---|---|
| | C | B | A | |
| 100th | 8'11" | 8'10" | 9' 8" | 100th |
| 95th | 7' 9" | 8' 2" | 8' 6" | 95th |
| 90th | 7' 6" | 7'11" | 8' 3" | 90th |
| 85th | 7' 5" | 7' 9" | 8' 0" | 85th |
| 80th | 7' 3" | 7' 7" | 7'11" | 80th |
| 75th | 7' 0" | 7' 6" | 7' 9" | 75th |
| 70th | 6'10" | 7' 5" | 7' 7" | 70th |
| 65th | 6' 9" | 7' 3" | 7' 6" | 65th |
| 60th | 6' 8" | 7' 1" | 7' 5" | 60th |
| 55th | 6' 6" | 7' 0" | 7' 4" | 55th |
| 50th | 6' 5" | 7' 0" | 7' 3" | 50th |
| 45th | 6' 3" | 6'10" | 7' 1" | 45th |
| 40th | 6' 2" | 6' 9" | 7' 0" | 40th |
| 35th | 6' 0" | 6' 7" | 6'11" | 35th |
| 30th | 5'10" | 6' 6" | 6' 9" | 30th |
| 25th | 5' 8" | 6' 5" | 6' 7" | 25th |
| 20th | 5' 6" | 6' 4" | 6' 6" | 20th |
| 15th | 5' 3" | 6' 1" | 6' 3" | 15th |
| 10th | 5' 0" | 5'10" | 6' 0" | 10th |
| 5th | 4'10" | 5' 5" | 5' 7" | 5th |
| 0 | 2'10" | 4' 6" | 3' 7" | 0 |

## TABLE 28. 50-YARD DASH FOR HIGH SCHOOL BOYS

**Percentile Scores Based on Classification Index / Test Scores in Seconds and Tenths**

| Percentile | Classification Index | | | Percentile |
|---|---|---|---|---|
| | C | B | A | |
| 100th | 6.0 | 5.6 | 5.6 | 100th |
| 95th | 6.3 | 6.0 | 6.0 | 95th |
| 90th | 6.4 | 6.1 | 6.1 | 90th |
| 85th | 6.5 | 6.2 | 6.2 | 85th |
| 80th | 6.6 | 6.3 | 6.2 | 80th |
| 75th | 6.7 | 6.4 | 6.3 | 75th |
| 70th | 6.9 | 6.5 | 6.4 | 70th |
| 65th | 7.0 | 6.5 | 6.4 | 65th |
| 60th | 7.0 | 6.5 | 6.5 | 60th |
| 55th | 7.1 | 6.6 | 6.6 | 55th |
| 50th | 7.1 | 6.7 | 6.6 | 50th |
| 45th | 7.2 | 6.8 | 6.7 | 45th |
| 40th | 7.3 | 6.8 | 6.8 | 40th |
| 35th | 7.4 | 6.9 | 6.8 | 35th |
| 30th | 7.5 | 7.0 | 6.9 | 30th |
| 25th | 7.6 | 7.1 | 7.0 | 25th |
| 20th | 7.8 | 7.2 | 7.0 | 20th |
| 15th | 8.0 | 7.3 | 7.2 | 15th |
| 10th | 8.1 | 7.5 | 7.3 | 10th |
| 5th | 8.6 | 7.9 | 7.7 | 5th |
| 0 | 10.4 | 10.0 | 10.6 | 0 |

## TABLE 29. 600-YARD RUN-WALK FOR HIGH SCHOOL BOYS

Percentile Scores Based on Classification Index / Test Scores in Minutes and Seconds

| Percentile | Classification Index | | | Percentile |
|---|---|---|---|---|
| | C | B | A | |
| 100th | 1'29" | 1'25" | 1'23" | 100th |
| 95th | 1'40" | 1'32" | 1'31" | 95th |
| 90th | 1'41" | 1'35" | 1'34" | 90th |
| 85th | 1'44" | 1'37" | 1'36" | 85th |
| 80th | 1'46" | 1'39" | 1'38" | 80th |
| 75th | 1'50" | 1'41" | 1'40" | 75th |
| 70th | 1'52" | 1'43" | 1'42" | 70th |
| 65th | 1'53" | 1'45" | 1'44" | 65th |
| 60th | 1'55" | 1'47" | 1'45" | 60th |
| 55th | 1'57" | 1'49" | 1'47" | 55th |
| 50th | 1'58" | 1'51" | 1'49" | 50th |
| 45th | 2' 1" | 1'53" | 1'51" | 45th |
| 40th | 2' 3" | 1'55" | 1'54" | 40th |
| 35th | 2' 5" | 1'58" | 1'57" | 35th |
| 30th | 2' 8" | 2' 1" | 2' 0" | 30th |
| 25th | 2'12" | 2' 5" | 2' 3" | 25th |
| 20th | 2'16" | 2' 9" | 2' 8" | 20th |
| 15th | 2'22" | 2'15" | 2'14" | 15th |
| 10th | 2'34" | 2'25" | 2'22" | 10th |
| 5th | 2'45" | 2'37" | 2'39" | 5th |
| 0 | 3'12" | 4'34" | 4'45" | 0 |

## TABLE 30. PHYSICAL FITNESS TEST NORMS

### Percentile Scores for College Women

| Percentile | Modified Pull-Up | Sit-Up | Shuttle Run | Standing Broad Jump | 50-Yard Dash | 600-Yard Run-Walk |
|---|---|---|---|---|---|---|
| 100th | 40 | 50 | 7.5 | 7'10" | 5.4 | 1:49 |
| 95th | 39 | 43 | 10.2 | 6'6" | 7.3 | 2:19 |
| 90th | 38 | 35 | 10.5 | 6'3" | 7.6 | 2:27 |
| 85th | 33 | 31 | 10.7 | 6'1" | 7.7 | 2:32 |
| 80th | 30 | 29 | 10.9 | 5'11" | 7.8 | 2:37 |
| 75th | 28 | 27 | 11.0 | 5'10" | 7.9 | 2:41 |
| 70th | 26 | 25 | 11.1 | 5'8" | 8.0 | 2:44 |
| 65th | 24 | 24 | 11.2 | 5'7" | 8.1 | 2:48 |
| 60th | 22 | 22 | 11.3 | 5'6" | 8.2 | 2:51 |
| 55th | 21 | 21 | 11.5 | 5'5" | 8.3 | 2:54 |
| 50th | 20 | 20 | 11.6 | 5'4" | 8.4 | 2:58 |
| 45th | 18 | 19 | 11.7 | 5'3" | 8.6 | 3:01 |
| 40th | 17 | 18 | 11.9 | 5'2" | 8.7 | 3:05 |
| 35th | 16 | 16 | 12.0 | 5'0" | 8.8 | 3:08 |
| 30th | 15 | 15 | 12.1 | 4'11" | 9.0 | 3:13 |
| 25th | 13 | 14 | 12.2 | 4'10" | 9.1 | 3:18 |
| 20th | 12 | 13 | 12.4 | 4'8" | 9.2 | 3:23 |
| 15th | 11 | 11 | 12.6 | 4'7" | 9.4 | 3:29 |
| 10th | 9 | 9 | 12.9 | 4'5" | 9.7 | 3:38 |
| 5th | 7 | 7 | 13.4 | 4'1" | 10.1 | 3:53 |
| 0 | 0 | 0 | 17.3 | 2'3" | 13.7 | 5:29 |

## TABLE 31. PHYSICAL FITNESS TEST NORMS

### Percentile Scores for College Men

| Percentile | Pull-Up | Sit-Up | Shuttle Run | Standing Broad Jump | 50-Yard Dash | 600-Yard Run-Walk |
|---|---|---|---|---|---|---|
| 100th | 20 | 100 | 8.3 | 9'6" | 5.5 | 1:12 |
| 95th | 12 | 99 | 9.0 | 8'5" | 6.1 | 1:35 |
| 90th | 10 | 97 | 9.1 | 8'2" | 6.2 | 1:38 |
| 85th | 10 | 79 | 9.1 | 7'11" | 6.3 | 1:40 |
| 80th | 9 | 68 | 9.2 | 7'10" | 6.4 | 1:42 |
| 75th | 8 | 61 | 9.4 | 7'8" | 6.5 | 1:44 |
| 70th | 8 | 58 | 9.5 | 7'7" | 6.5 | 1:45 |
| 65th | 7 | 52 | 9.5 | 7'6" | 6.6 | 1:47 |
| 60th | 7 | 51 | 9.6 | 7'5" | 6.6 | 1:49 |
| 55th | 6 | 50 | 9.6 | 7'4" | 6.7 | 1:50 |
| 50th | 6 | 47 | 9.7 | 7'3" | 6.8 | 1:52 |
| 45th | 5 | 44 | 9.8 | 7'1" | 6.8 | 1:53 |
| 40th | 5 | 41 | 9.9 | 7'0" | 6.9 | 1:55 |
| 35th | 4 | 38 | 10.0 | 6'11" | 7.0 | 1:57 |
| 30th | 4 | 36 | 10.0 | 6'10" | 7.0 | 1:59 |
| 25th | 3 | 34 | 10.1 | 6'9" | 7.1 | 2:01 |
| 20th | 3 | 31 | 10.2 | 6'7" | 7.1 | 2:05 |
| 15th | 2 | 29 | 10.4 | 6'5" | 7.2 | 2:09 |
| 10th | 1 | 26 | 10.6 | 6'2" | 7.5 | 2:15 |
| 5th | 0 | 22 | 11.1 | 5'10" | 7.7 | 2:25 |
| 0 | 0 | 0 | 13.9 | 4'2" | 9.1 | 3:43 |

# FITTING IN TESTING

A FITNESS TEST BATTERY has an important place in the instructional program of physical education. The elements in the AAHPER Youth Fitness Test attempt to judge the individual's efficiency in running, throwing, strength, agility, and endurance. All these are prime objectives for physical education, and the tests themselves are activities which are a part of every sound program of physical education.

The items in the AAHPER test battery evaluate both the extent to which an individual is achieving or maintaining physical fitness and the extent to which the physical education program is helping him do this. The test has real value when it is applied correctly in teaching; every effort, of course, should be made to keep the testing in proper perspective in the total broad program. Following are some suggestions for using the test in a school system or in local community planning for youth fitness.

1. THE TESTS CAN BE USED AS A MEANS TO JUDGE THE EXTENT TO WHICH A PUPIL ACHIEVES AND MAINTAINS A STANDARD OF PHYSICAL FITNESS.

Teachers in a given system may agree to give the tests at certain times in the child's school experience; for example, in the spring of the sixth, ninth, and eleventh grades. A fitness score can then be placed in the pupil's permanent school record, along with his IQ and other achievement scores and grades. As the pupil progresses in school, teachers may use this score as a guide in planning the program and counseling in physical education activities. In this way, continued stress can be placed on helping pupils maintain and increase their physical fitness throughout their school experience regardless of a change in school or teachers. Teachers can also give the tests at the begnning and end of each semester or year for evaluation of their particular program and for evaluation of a pupil's progress and improvement during that year.

2. THE TESTS CAN BE USED AS ONE MEANS OF STUDYING THE STRENGTH AND WEAKNESS OF THE CURRICULUM AND PROGRAM IN PHYSICAL EDUCATION IN TERMS OF ACHIEVING THE PHYSICAL FITNESS GOALS.

As each item in the test battery measures a different skill, failure of pupils to perform efficiently in certain tests would be cause to examine closely the program activities offered.

3. THE TESTS CAN BE USED TO COUNSEL STUDENTS INTO A PROGRAM BASED UPON THEIR NEEDS. CHILDREN ARE INTERESTED IN PERSONAL ACHIEVEMENT; UNDERSTANDING THE FITNESS TEST BATTERY WILL BE AN ADDED INCENTIVE TOWARD ACHIEVING PHYSICAL FITNESS.

Each pupil is fundamentally interested in personal achievement and in reaching a degree of success in school activities. Physical status is no exception. Understanding his performance levels in the test battery can help a pupil visualize and realize his achievement; he can better appreciate his physical strengths and weaknesses. Through the use of the Personal Fitness Record, which includes a Profile Record Form to cover repeated testings, each pupil can study the results of his own achievement and his own improvement. With the help of the teacher, plans can be made and activities provided to help the pupil improve his performance in the tests. Such individualization helps the pupil better understand the goals of physical education.

4. THE TESTS CAN BE USED TO INTERPRET TO THE ADMINISTRATION THE PURPOSE AND VALUE OF THE PHYSICAL EDUCATION AND RECREATION PROGRAM.

A test battery which includes many items from the broad program of physical education is a means of evaluation which can help to interpret the program, its objectives, pupils' needs, and class time needed. A testing program properly carried on in a school can help to give physical education the status and standing it rightly deserves in the school program.

5. THE TESTS ARE A MEANS OF INTERPRETING TO LAY GROUPS THE MEANING AND VALUE OF PHYSICAL EDUCATION IN SCHOOLS.

The battery of tests developed by the AAHPER presents an objective measure of physical fitness which can be easily understood by parents and laymen. Encouraging pupils to practice the tests at home gives the parents an opportunity to learn about them and about the reasons for the physical education program. A demonstration of the tests makes an excellent PTA program. The tests serve a similar purpose for those community groups serving the needs of youth.

6. THE TESTS SERVE AS A MEANS OF MOTIVATION FOR PUPILS TO IMPROVE AND MAINTAIN FITNESS.

Physical activities which will help maintain fitness should be introduced into the daily schedule, and some type of motivation is needed to help young people want to keep in good condition. Introduction of a fitness test battery in the physical education instruction program is a valuable means of interesting youth in performing and practicing these activities. Various type of recognition or awards for achieving success in the tests, such as emblems or certificates, can serve to increase and hold interest. (See page 10.)

# PERSONAL

# FITNESS RECORD

Name..... Grade.....

School.....

## AAHPER YOUTH FITNESS TEST

American Alliance for Health, Physical Education, and Recreation
1201 - 16th Street, N. W.
Washington, D. C.

## PERSONAL DATA

| | Trial 1 | | Trial 2 | |
|---|---|---|---|---|
| | | Exponent* | | Exponent* |
| Age (in months) | _____ | _____ | _____ | _____ |
| Height (in inches) | _____ | _____ | _____ | _____ |
| Weight | _____ | _____ | _____ | _____ |
| Sum of Exponents* | _____ | _____ | _____ | _____ |
| Class* | _____ | _____ | _____ | _____ |

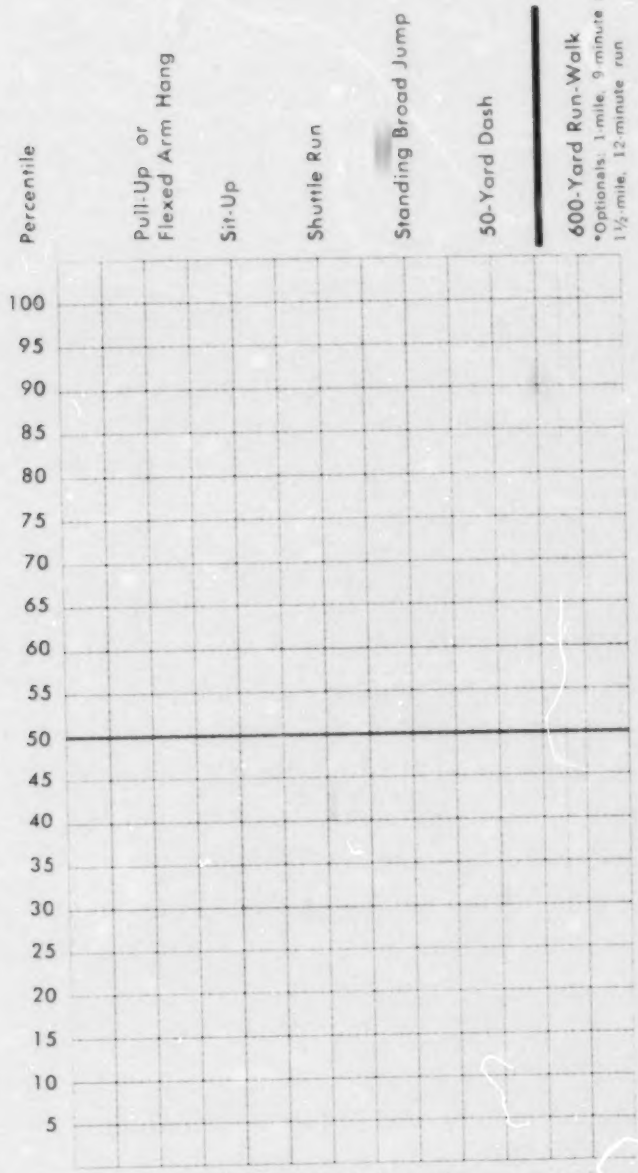
**NOTE:** For girls in grades 10, 11, and 12, see Tables 15-19, column HSG.

---

| | Trial 1 | | Trial 2 | |
|---|---|---|---|---|
| | Date | | Date | |
| | Score | Percentile* | Score | Percentile* |
| Pull-Up (Boys) | _____ | _____ | _____ | _____ |
| Flexed Arm Hang (Girls) | _____ | _____ | _____ | _____ |
| Sit-Up | _____ | _____ | _____ | _____ |
| Shuttle Run | _____ | _____ | _____ | _____ |
| Standing Broad Jump | _____ | _____ | _____ | _____ |
| 50-Yard Dash | _____ | _____ | _____ | _____ |
| 600-Yard Run-Walk | _____ | _____ | _____ | _____ |
| Optionals | | | | |

* See tables in *AAHPER Youth Fitness Test Manual.*

## PROFILE RECORD




Plot your personal graph using the information on opposite page. Use a different color for each trial.

## HOW TO RECORD YOUR SCORE

This is your individual fitness record, prepared so you may know your own performance and work to improve your score. Keep these records each year, so that you can see your progress. You can also compare your score with the scores of other students in your own school and in schools throughout the United States.

1. There are places to record your scores on two trials. Take the two tests at least 3 to 4 months apart.

2. Record your age to the nearest month, your height in inches, and your weight in pounds. Use Table 13 or Table 14 in the *AAHPER Youth Fitness Test Manual* to find the *exponents* and your *class* (A, B, C, D, E, F, G, or H), except for girls in grades 10, 11, and 12, who use the column headed HSG in Tables 15-19.

3. As you take each test, record your score in the space provided. Use the appropriate classification tables in the *AAHPER Youth Fitness Test Manual* (Revised Edition 1975) to find your *percentile score*. Enter this percentile score. Your percentile score tells you where you stand in relation to other students. For instance, if your score was the 60th percentile, you scored higher than 60 percent of the students in your classification.

4. Plot a chart of your fitness on the graph by placing a dot on each line at the percentile you scored on each test. Connect the dots with straight lines. The heavy black line at the 50th percentile shows the average. Use different color pencils to plot your two scores. Indicate the date of each trial.

## TO IMPROVE YOUR FITNESS

If you want to improve your score, you should ask your physical education teacher to help you plan a program of activities in connection with your physical education classes and outside of school.

# CUMULATIVE FITNESS RECORD

THIS FORM is for recording information on the physical fitness of the individual pupil. It should be kept as part of the pupil's personal file, so that it will be available for use by the guidance counselor, school nurse, and school physician, as well as for use by the physical education teacher.

Space is provided for recording two performances each year on the six-item AAHPER youth fitness test. This Cumulative Fitness Record covers the 5th grade through the 12th grade, since there are national norms for these grades.

## INSTRUCTIONS

1. Record age to nearest month, height in inches, and weight in pounds at the time the test is administered. Use Table 13 or 14 in the *AAHPER Youth Fitness Test Manual* to find the exponent and class. For girls in grades 10, 11, and 12, use the column headed HSG in Tables 15 to 19 of the *Test Manual*.
2. Administer each test item as directed in the *AAHPER Youth Fitness Test Manual*, and record the raw scores in the space provided. Find the percentile ranking of these raw scores in the appropriate classification table in the *AAHPER Youth Fitness Test Manual*, OR find the percentile ranking in the tables computed by age alone. Both sets of tables are included in the *Test Manual*. Enter the percentile score on the record.
3. Plot the profile chart each time the test is given, recording the percentile scores and connecting the dots with straight lines. Use different colors for the two tests, and indicate a key to the colors used.
4. Keep in mind that there is no passing or failing on the six test items. The 50th percentile shows national average performance (norm).
5. Individual progress on each test item over the years may be recorded on the charts found on the back of this form. These are recorded in terms of actual performance instead of in percentiles.

FITNESS FOR YOUTH

## AAHPER YOUTH FITNESS TEST

AMERICAN ALLIANCE FOR HEALTH, PHYSICAL EDUCATION, AND RECREATION

**1201 - 16th Street, N. W.**
**Washington, D. C.**

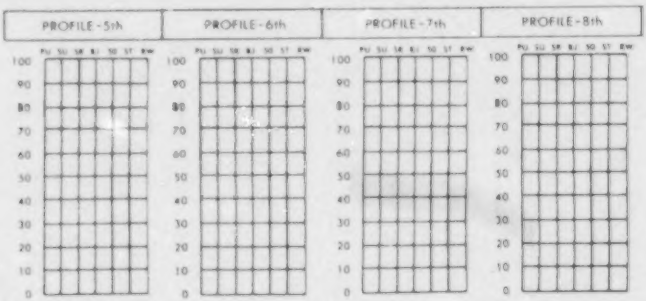
# CUMULATIVE FITNESS RECORD

NAME

LAST FIRST MIDDLE

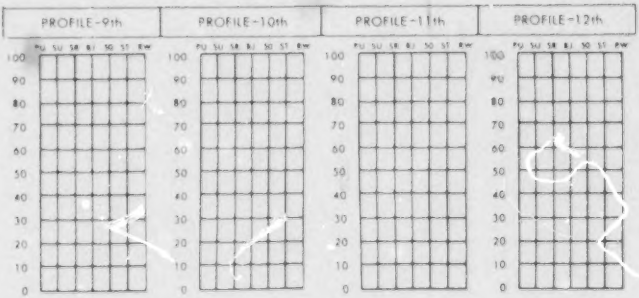
| GRADE | 5 | | | | 6 | | | | 7 | | | | 8 | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | TEST 1 | | TEST 2 | | TEST 1 | | TEST 2 | | TEST 1 | | TEST 2 | | TEST 1 | | TEST 2 | |
| DATE | WT. | EXP. | WT. | EXP. | WT. | EXP. | WT. | EXP. | WT. | EXP. | WT. | EXP. | WT. | EXP. | WT. | EXP. |
| AGE (months) | | | | | | | | | | | | | | | | |
| HEIGHT (inches) | | | | | | | | | | | | | | | | |
| WEIGHT (pounds) | | | | | | | | | | | | | | | | |
| SUM OF EXPONENTS | | | | | | | | | | | | | | | | |
| CLASS | | | | | | | | | | | | | | | | |
| COMPONENT | RAW SCORE | PERCENTILE | RAW SCORE | PERCENTILE | RAW SCORE | PERCENTILE | RAW SCORE | PERCENTILE | RAW SCORE | PERCENTILE | RAW SCORE | PERCENTILE | RAW SCORE | PERCENTILE | RAW SCORE | PERCENTILE |
| PULL-UP (FIXED ARM, HANG) (arm strength) | | | | | | | | | | | | | | PU | | |
| SIT-UP (abdominal strength) | | | | | | | | | | | | | | SU | | |
| SHUTTLE RUN (speed and agility) | | | | | | | | | | | | | | SR | | |
| STANDING BROAD JUMP (leg power) | | | | | | | | | | | | | | BJ | | |
| 50-YARD DASH (speed) | | | | | | | | | | | | | | SD | | |
| 600-YARD RUN-WALK (endurance) | | | | | | | | | | | | | | RW | | |

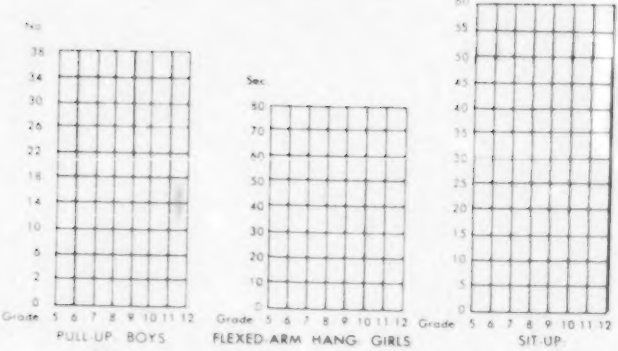
*Optionals: 1-mile, 9-minute run
1½-mile, 12-minute run

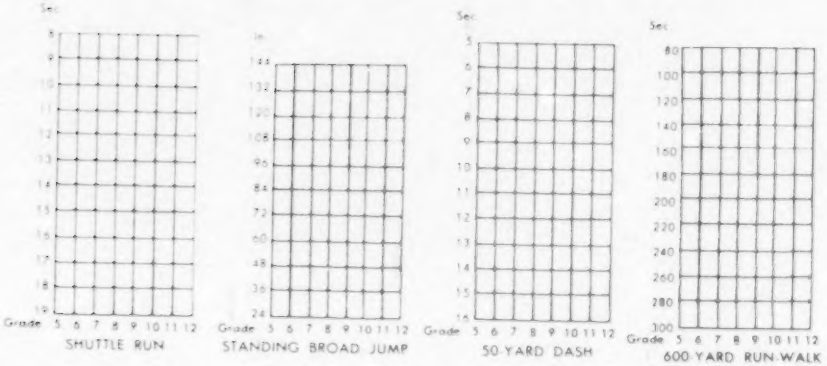


| GRADE | 9 | | | | 10 | | | | 11 | | | | 12 | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| DATE | TEST 1 | | TEST 2 | | TEST 1 | | TEST 2 | | TEST 1 | | TEST 2 | | TEST 1 | | TEST 2 | |
| | MO. | YR. EXP. | MO. | YR. EXP. | MO. | YR. EXP. | MO. | YR. EXP. | MO. | YR. EXP. | MO. | YR. EXP. | MO. | YR. EXP. | MO. | YR. EXP. |
| AGE (years) | | | | | | | | | | | | | | | | |
| HEIGHT (inches) | | | | | | | | | | | | | | | | |
| WEIGHT (pounds) | | | | | | | | | | | | | | | | |
| SUM OF EXPONENTS | | | | | | | | | | | | | | | | |
| CLASS | | | | | | | | | | | | | | | | |
| COMPONENT | RAW SCORE | PERCENTILE | RAW SCORE | PERCENTILE | RAW SCORE | PERCENTILE | RAW SCORE | PERCENTILE | RAW SCORE | PERCENTILE | RAW SCORE | PERCENTILE | RAW SCORE | PERCENTILE | RAW SCORE | PERCENTILE |
| PULL-UP (FLEXED ARM HANG) (min. seconds) | | | | | | | | | | | | | | | | PU |
| SIT-UP (seconds) | | | | | | | | | | | | | | | | SU |
| SHUTTLE RUN (seconds) | | | | | | | | | | | | | | | | SR |
| STANDING BROAD JUMP (ft. inches) | | | | | | | | | | | | | | | | BJ |
| 50 YARD DASH (seconds) | | | | | | | | | | | | | | | | SD |
| 600 YARD RUN-WALK (min. seconds) | | | | | | | | | | | | | | | | RW |

•Optionals: 1-mile, 9-minute run
1½-mile, 12-minute run






1-mile or 9-minute run
1½-mile or 12-minute run

**INSTRUCTIONS**

Individual progress on each item of the AAHPER fitness test may be recorded on these charts for each grade from 5 through 12. Place a dot (·) on the vertical line representing the pupil's grade in school at the point representing his best performance for the year. Note that the charts are for both boys and girls, with the exception of Pull-Ups.

After scores for two or more years are recorded, the dots should be connected by straight lines. Thus, the pupil's performance on each test item may be seen at a glance.

If it is desired to record the results of the two tests for each year, rather than the second test only, different colors may be used and a key to the color may be indicated at the top of this page.

# CLASS COMPOSITE RECORD

for the

## AAHPER YOUTH FITNESS TEST

(Data Sheet)

Name of School:_____ Location:_____ Date_____

| Name of Student | Grade | Date of Birth | Height | Weight | Classif. Index | Sit Ups | Pull Ups | Flexed Arm Hang (Girls) | Shuttle Run | Stand. Broad Jump | 50 Yard Dash | 600 Yard Walk Run | 1-mile or 9-minute run<br>1½-mile or 12-minute run | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |

# FITNESS MATERIALS

## TEST MATERIALS

### AAHPER YOUTH FITNESS TEST MANUAL

A revised edition of the 1965 manual, designed to test basic physical components of fitness through performance. This new edition incorporates various changes in the actual tests, including deletion of the softball throw for distance and substitution of the flexed-leg sit-up for the straight leg sit-up. Extra options have also been added for the 600-yard run-walk at various age levels. The other test items are the shuttle run, standing broad jump, 50-yard dash, and pull-ups for boys, flexed arm hang for girls. The manual is illustrated with drawings and contains complete instructions for administering the six test items. Comparative data, percentiles and the national norms for grades 5 through college are also included. Rev. ed. 1975. 80 pp. (242-25598)

### PERSONAL FITNESS RECORD

Forms for each pupil taking test. Rev. 1975. (242-06752)

### CLASS COMPOSITE RECORD

Forms for recording test data for the class. Rev. 1975. (242-06754)

### CUMULATIVE FITNESS RECORD

Forms for recording individual achievement profile for 8 years (grades 5-12). Rev. 1975. (242-06756)

### FITNESS KIT #3

Sample of Fitness Test Manual, Personal Fitness Record, Cumulative Fitness Record, and Class Composite Record. (242-06794)

## INTERPRETIVE MATERIALS

### EXERCISE AND FITNESS

Suggestions for maximum enjoyment and benefit from exercise and other components of fitness for effective living 1964. 12 pp. (242-07138)

### YOUR CHILD'S HEALTH AND FITNESS

Review of the what and why of physical fitness. Written for parents as well as teachers, it is available in quantity for distribution to parents by the students or at parent-teacher meetings. 16 pp. (242-06774)

## SPECIAL FITNESS AWARDS FOR THE MENTALLY RETARDED

AAHPER's newest award program, sponsored jointly with the Joseph P. Kennedy Jr. Foundation, provides for special fitness awards for mentally retarded children. Eligibility for the awards is based on achievement in tests of physical ability utilizing a modified version of the AAHPER Youth Fitness Test.

Application for the awards may be made through a school, institution, community recreation program, camp, parent association, or by parents. For a brochure describing the awards program, eligibility requirements, and testing procedures, write AAHPER, 1201 16th St., N.W., Washington, D.C. 20036.

# FITNESS AWARDS

## AWARD EMBLEMS

**SENIOR EMBLEMS**
For senior high school age boys and girls (grades 10-12).

**STANDARD EMBLEM**
For boys and girls who equal or exceed 50th percentile. Triangular. (242-25514).

**MERIT EMBLEM**
For boys and girls who equal or exceed 80th percentile. Triangular. (242-25520).

**JUNIOR EMBLEMS**
For junior high school age boys and girls (grades 7-9).

**STANDARD EMBLEM**
For boys and girls who equal or exceed 50th percentile. Square. (242-25512).

**MERIT EMBLEM**
For boys and girls who equal or exceed 80th percentile. Square. (242-25518).

**ELEMENTARY EMBLEMS**
For elementary school age boys and girls (grades 5 and 6).

**STANDARD EMBLEM**
For boys and girls who equal or exceed 50th percentile. Round. (242-25510).

**MERIT EMBLEM**
For boys and girls who equal or exceed 80th percentile. Round. (242-25516).

**INSTRUCTOR'S EMBLEM**
(242-25522).

**ACHIEVEMENT BAR PATCHES**
Worn with emblems to denote repeated test achievement.

2-Star (242-06824).
3-Star (242-06826).
4-Star (242-06828).

**PRESIDENTIAL INSTRUCTOR'S EMBLEM**
(242-08104).

**FITNESS KIT #1**
Sample of each emblem, bar patch, and certificate. (242-26790).

## AWARD CERTIFICATES

**ACHIEVEMENT AWARDS**
Official standard certificate for boys and girls attaining 50th percentile on the AAHPER Youth Fitness Test. 8 x 10 in., suitable for framing or mounting. Elementary (242-06796); Junior (242-06798); Senior (242-06800).

**PROGRESS AWARD CERTIFICATE** (for Physically Limited) (242-06802).

**GOLD MERIT SEAL** (for Achievement Award Certificate only) (242-06806).

**CERTIFICATE OF RECOGNITION** (for Administrators, Institutions, etc.) (242-06804).

**FOR ORDER INFORMATION AND PRICE LIST WRITE:**
**AAHPER Publications-Sales, 1201 Sixteenth Street, N.W., Washington, D. C. 20036**

# PRESIDENTIAL PHYSICAL FITNESS AWARD

The Presidential Physical Fitness Award is the highest award given for performance on the AAHPER Youth Fitness Test. Winners of the award receive a certificate suitable for framing, a decal, and an emblem designed for wear on jackets, sweaters, and blazers.

The Award certificate is handsomely printed in gold and black, and bears the President's signature, the Presidential seal, and a congratulatory message.

The Award emblem is three inches in diameter and embroidered in gold, red, white and blue.

The Award decal, added to the program in 1974, is the same size and color as the emblem. It is designed for use on text and notebooks, walls, luggage, bulletins boards, etc.

All schools and youth groups in the United States which have qualified physical education and/or physical fitness personnel are welcome to participate in the program. This includes all public, private and parochial schools and school districts. YMCAs, YWCAs, boys' clubs, recreation departments, Jewish Community Centers, and organizations representing churches, schools, PTA units, neighborhoods, and similar youth-serving groups.

For complete information and application form, please write

**AAHPER, 1201 16th St., N.W.**
**Washington, D.C. 20036**

The American Alliance for Health, Physical Education, and Recreation is the voluntary professional organization which brings together teachers, administrators, leaders, and students in these related fields. The AAHPER membership, now more than 50,000, is concerned with the present condition and future progress of physical education and dance, health education and school nursing, athletics, safety education, recreation, outdoor education, and programs of professional preparation for leadership in these areas. The AAHPER serves members at all levels —elementary and secondary school, college and university, and community. The AAHPER is a national affiliate of the National Education Association and is housed in the NEA Center in Washington, D.C.

The Association publishes books and pamphlets to meet the varied needs of its members and the general public, averaging about 30 new titles each year. The list includes conference proceedings, position papers, sports guides and rules, reports of research, teaching manuals, and explanations of HPER intended for the general educator and public. AAHPER's publications list, giving a complete listing of materials in print, may be obtained by writing to AAHPER, 1201 Sixteenth St., N.W., Washington, D.C. 20036.